



POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Summer 2014

Fresh off the heels of Earth Day 2014 seems like a good time to capture some of the energetic environmental spirit that comes with the season to inspire continued good works. Not only can your efforts make an important and lasting difference, they could save a dollar or two for the household budget over the long term.

Washington, D.C.'s Earth Day Network figures indicate that as many as 80% of Americans describe themselves as environmentalists—that means over 251 million of us look for ways to do environmental good. Americans today are more environmentally aware and active than ever before, making careful choices every day, hoping to live a little more gently upon the globe. This informed decision-making is further influenced by growing prices for all of life's necessities that some say are reflective of the impacts of environmental strife, resource scarcity, and changing climate.

With environmental consciousness growing steadily since the first Earth Day in 1970, many of the "easy" changes are now part of everyday life: Turning the water off when we brush our teeth, recycling household trash in our blue bins, and installing low-flow toilets, to name just a few. Making the next big leap for sustainability and long-term savings will likely take more effort and more investment. We've found some ideas to consider in advancing our efforts to "act local and think global" to the next level.

Water Conservation

Powegians answered 2009's call for conservation resoundingly, with a local water use reduction of 23%. With the future of water continuing to look challenging, though, a focus on saving water is quickly becoming a way of life in 21st century California.

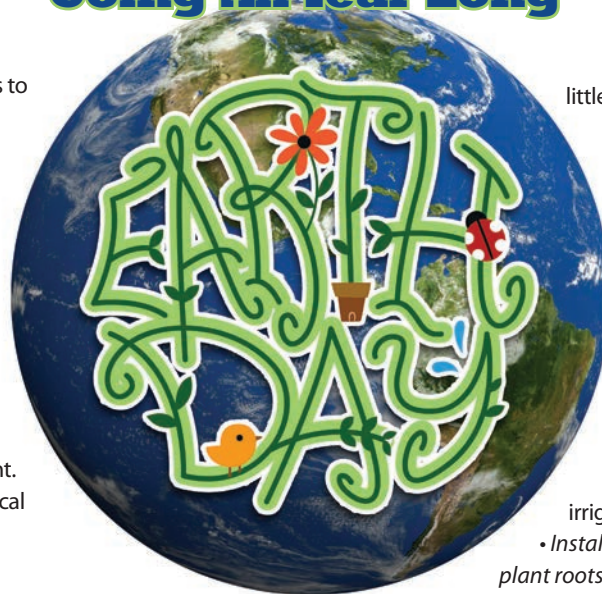
New legislated water conservation goals require reductions in per person usage by 2020. Poway's water usage was at a high of 290 gallons per capita per day (gpcd) in 2000 and then dropped to a low of 185 gpcd when the community responded to calls for conservation in 2010. Water use has inched back up since then and continued conservation efforts will be necessary to help us stay on track and meet our mandated target of 215 gpcd by 2020. Continued conservation efforts will also help manage the one thing we can count on... the rising cost of water!

Conserving Water Indoors

Further gains in indoor water conservation are necessary to hit the gallons per capita target. But after you've changed all the toilets and showerheads and moved all the teenagers out, what else is there?

It is time to go after those stubborn little leaks—fixing a single leaky faucet can save up to 20 gallons per day. And on a nationwide level, the Environmental Protection Agency (EPA) estimates those minor little leaks waste more than 1 trillion gallons a year, equivalent to the annual water use of more than 11 million homes!

Love Your Mother Keep the Spirit of Earth Day Going All Year Long



One easy way to identify invisible indoor leaks is to check your water meter before and after a two-hour period when no water is being used. If the meter doesn't read exactly the same, there may be a leak. Common types of indoor leaks include dripping faucets and showerheads, and worn toilet flappers. A certified plumbing professional can help.

Conserving Water Outdoors

With some estimates indicating that up to 80% of a home's water use may go toward outdoor irrigation, there is little doubt that the great outdoors is water conservation's next big frontier. Irrigation systems should be checked at least every spring when outdoor water use starts to increase to see if any leaks have sprung.

The EPA estimates that an irrigation system with a leak as small as the thickness of a dime (1/32 of an inch) can waste about 6,300 gallons of water a month. That means that repairing irrigation line leaks and broken sprinkler heads can save up to 10 gallons per minute per leak.

To find a leak, look for broken sprinkler heads, dripping outdoor faucets and hose bibs, and the presence of mold or algae near fixtures. Also look for ever-present damp spots in the yard, particularly along irrigation lines and near valves. Certified irrigation professionals also can help detect and resolve leaks.

If your next wave of water conservation includes changes to your irrigation system or landscape, here are some ideas to consider:

- Install drip irrigation systems for trees, shrubs and flowers to get water to plant roots more efficiently and save 20 to 25 gallons per day.
- Upgrade to a "smart" irrigation controller that automatically adjusts watering times based on the weather to save 40 gallons per irrigation cycle.
- Use "A Homeowner's Guide to a WaterSmart Landscape" and replace a portion of lawn with native or Mediterranean plants.

If you are ready to go big, consider trading in water-intensive turf for a drought-tolerant alternative. Both the San Diego County Water Authority and the Metropolitan Water District have Turf Replacement Programs that offer incentives of up to \$2.50 per square foot to eligible customers. Incentives are being distributed on a first-come, first-served basis until grant funds are gone. Visit turfreplacement.watersmartsd.org or the Turf Replacement Program section at <http://www.socalwatersmart.com> for more information on these two programs.

You can get more help identifying leaks and improving water-use efficiency by signing up for a site-specific checkup at www.watersmartcheckup.org

Waste Diversion

California has come a long way since 1989, when quickly dwindling landfill space put a major focus on trash and recycling. Locally, Miramar Landfill was projected to close in 1995. Cal EPA noted California's trash generation rate of 40 million tons with per capita waste disposal twice the national rate; waste diversion was estimated at 10%. Legislation directed 25%

continued on page 2

Community Center Renovation Update



In 2006, the City was excited to start planning efforts on the Town Center conceptual plan, a future mixed-use development in the center of town along Poway Road which included the creation of a Master Plan for the renovation of the adjacent Community Park. Public workshops were held to consider what the future Community Park should look like, including the community facility and senior center. Due to the elimination of the funding

source, the City had to place all design work on hold in January 2012. With the permanent loss of redevelopment funding, the City Council narrowed the scope of the project to a rehabilitation and expansion of the community facility.

In December 2013, the City Council gave staff the green light to initiate work with RJM Design Group to complete the schematic design for a renovated 30,000 square foot facility (about 5,500 square feet larger than the existing facilities). The new design will encompass the community facility and senior center. In addition, the City Council requested that the consultant include the following in the new design:

- Flexible interior spaces to allow programming for all ages
- Connect the facility and swim center to minimize construction costs

- Include a designated space for Seniors only
- An architectural style in keeping with Poway aesthetics and that will complement nearby public buildings

The new design work will be presented to the City Council at a workshop in early summer so that the City Council can consider the proposed design. The sketches will be posted on the City's website prior to the workshop and the public will be invited to comment on the design at that time.

After the schematic design is finalized, the next step will be to prepare final construction documents. City staff will also evaluate funding options at that phase. Although there is no estimate on the timing for the construction of the renovated facility, Poway residents can look forward to a newer, larger community facility and senior center at Community Park!

eCARE: Poway's New Utility Billing System

The City of Poway is in the final stages of implementing its new utility billing system! We are working to ensure a seamless transition for our water and sewer customers, and the enhancements offered by the new system should be ready in the coming months. One of these enhancements is an on-line system called eCare. eCare provides new features that allow customers to control basic account functions such as:

- Viewing consumption history and graphs to assist you in monitoring and managing water usage.
- Setting billing preferences, which will enable you to receive bi-monthly statements via email, paper, or both.
- Viewing payments and billing statements on a real-time basis.
- Making payments on-line using debit and credit cards.

In the next few months, you will receive notification by email or letter informing you how to sign up and use the new eCare on-line system. While customers should find eCare to be intuitive, you will still be able to contact the City of Poway's Customer Services staff for assistance regarding your water and sewer account by calling (858) 668-4401.



This Issue:

New Coalition Aims to Curb Prescription Drug Abuse

Realtors, community groups, and businesses come together to reduce Rx drug abuse.



pg. 2



Fire Inspections

Learn what types of inspections will be required for your business or property.

pg. 2

Dog Leash Basics

Keeping your dog licensed and on a leash not only protects your neighbors, it protects your dog as well. Learn why a license and leash are the law.



pg. 15

Beat the Heat while Hiking

Tips to keep you cool and safe while enjoying Poway's trails.

pg. 16



Keep the Spirit of Earth Day Going All Year Long *continued from page 1*

waste diversion by 1995 and 50% by 2000. Since 1990, Californians have diverted 140 million tons of solid waste from landfills—enough to fill a line of garbage trucks that would circle the earth more than four times. Miramar Landfill's new projected closure date is 2022. Local waste diversion success has extended the landfill's life by almost three decades. Another round of success could add even more years.

That success is apparent in Poway's current diversion rate of about 66% compared to the State rate of 65%. A new infusion of energy focused on solid waste diversion could up that percentage and further extend important, and perhaps irreplaceable, landfill life.

State legislation calls for a 75% solid waste diversion rate by 2020. That means that the typical Powegian will need to cut their daily waste generation from the current 5.1 lbs/day down to 2.7 lbs/day.

Diverting Waste at Home

With the current beverage container recycling rate estimated at 82% by CalRecycle, additional possibilities seem endless! In Poway, as in the rest of the State, the next realm of residential recycling appears to be increased organics diversion (i.e. green waste and food waste). If you are ready to make the leap to organics, consider home composting. Make sure your research includes visits to www.calrecycle.ca.gov/organics/homecompost/ or <http://www2.epa.gov/recycle/composting-home>



Organics and green waste recycling is the next logical step for residential waste diversion.

A little less daunting, but also important, is upping the quality control on what is placed in your blue bin. Did you know the work you put into recycling can be wasted if the wrong items are in your recycling cart? Once recycling is collected, trucks take their loads to a warehouse to be sorted by type of material. Sometimes large portions of the load can't be sorted because the mixed content contains too much waste. Poway's current contamination rate is an estimated 17%. In other words, over 1,200 TONS of what we put in our blue bins gets transported to a landfill instead of becoming a part of the recycling stream. Items that get into the blue bins by accident include any type of film (plastic bags) and grass clippings. Please remember to sort carefully.

Diverting Waste at Work

State estimates are that three-quarters of the waste generated in California comes from the commercial sector, and it is hoped that commercial waste diversion can be increased by two to three million tons per year. AB341 made commercial and multi-family recycling mandatory on July 1, 2012. The City has been working diligently with its franchised hauler, EDCO, to make gains in this arena.

This sector shows huge potential for Poway's diversion rates because the current estimated recycling rate is less than 10%. Due to time and space constraints, many businesses select one to three commodities to divert from their trash. The items that can make the biggest difference include cardboard, wood, glass, paper and plastic film. Businesses that still need to implement an expanded waste diversion program can contact the City's Public Works Department at 858-668-4702 for assistance in creating a customized program that may help reduce costs.

Poway Fire Department Inspections

What to Expect when They're Inspecting!

One strategy in Poway's pursuit to be the safest city in San Diego County is the protection of businesses against fire and other life-safety hazards. This is accomplished when Poway Fire Department Inspectors work with businesses to ensure that Poway Municipal Code and California Building and Fire Code requirements are met. These rules, regulations, standards, and codes are designed to facilitate the protection of the business as well as its employees, customers, and adjacent properties.

Official fire inspections are conducted by City of Poway personnel who wear fire department uniforms or apparel with a City insignia. They also have Fire Department badges and City identification cards. The Poway Fire Department delivers the following fire and life safety inspection programs:

New Business Inspections – this type of inspection is conducted on a new business to ensure that it complies with fire and life safety requirements and that applicable operational permits are obtained. A business certificate is issued following a compliant fire inspection.

New Construction Inspections – these inspections are conducted for new construction to ensure that it meets approved plans and fire and life safety requirements. Issuance of a Certificate of Occupancy requires a compliant fire inspection.

Fire Department Operational Permit Inspections – this type of inspection is conducted annually on businesses where special conditions,

operations, or hazards exist including assembly occupancies, businesses that use hazardous materials, and vehicle repair shops.

Fire Company Inspection Program – this type of inspection is conducted on businesses that are considered to be low hazard and are not required to have operational permits. These inspections are performed every other year by firefighters. There is no fee for this type of fire inspection.

Business Self-Inspection Program – this type of inspection is conducted on the same businesses described above in the Fire Company Inspection Program. This inspection is performed by the business owner or manager upon notification by the Fire Department during the alternate year of a Fire Company Inspection. Businesses are

provided with an informational letter and list of items to inspect. There is no fee for this type of fire inspection.

Annual Inspections – this type of inspection is conducted annually on state-mandated occupancies such as multifamily dwellings, public and private schools, commercial preschools, and residential care facilities.

Inspection fees are never collected onsite. Inspection fees will always be collected through the issuance of an invoice provided by the City of Poway. A list of fire inspection fees is available on the City of Poway's website at www.poway.org. During these official fire inspections, inspectors will provide written documentation of any violations and/or needed corrections. If a violation is noted and needs correction by a state-licensed contractor, the City will never require a specific contractor.



Fire Inspections are conducted by City of Poway personnel who will present a City ID card.

Poway Sheriff's Dept. Welcomes Lt. James Walker

Lt. James Walker, the new second-in-command at the Poway Sheriff's Station, has spent nearly 28 years in law enforcement. He began his career working in the central jail in San Diego and the former jail in El Cajon. He then worked as a deputy in Lemon Grove. He made detective while he was still working in Lemon Grove and was later assigned as both a child-abuse detective and a homicide detective. In 2005, Jim Walker was promoted to sergeant and worked at the downtown courthouse, the Family Protection Unit, and the Alpine Patrol Station. After he was promoted to lieutenant, he worked in the Sheriff's Communication Center and the Santee Sheriff's Station.

Lt. Walker has accumulated a wide range of experience while working in a variety of divisions in the Sheriff's Department. The citizens of Poway are fortunate to have such an experienced veteran assigned to our city. Welcome to Poway, Lt. Walker!



New Coalition Tackling Rx Drug Problem

The Greater San Diego Association of REALTORS®, local nonprofits and businesses, and



other partners have announced the formation of the Safe Homes Coalition that will inform people about the proper use, storage and disposal of prescription drugs.

The region's 12,000-plus REALTORS® will play a key role in a multi-faceted coalition campaign designed to raise awareness of and help combat the problem.

Millennium Laboratories, nonprofit Mental Health Systems, its North Inland Community Prevention Program, Oakwood Escrow, nonprofit Hope2Gether Foundation, and the San Diego County Prescription Drug Abuse Task Force are the coalition's other founding members. The coalition distributes plastic bags through REALTOR® service centers across San Diego County. REALTORS® are encouraged to ask clients to use the bags to remove prescription drugs from their homes before they are opened to prospective buyers.



The campaign includes information on the proper disposal options for prescription medications. Those include national Take Back Days and drop boxes that are available year-round at every sheriff station, the County Administration Building, and at multiple police stations throughout the county.

Although the coalition's initial focus is San Diego County, the group plans to expand its campaign through collaborations in targeted communities throughout California and across the United States.

To learn more please visit the coalition's Facebook page at www.facebook.com/safehomescoalition or call 858-391-9303.

2-1-1 SAN DIEGO 2-1-1 San Diego

Three Simple Numbers ... One Helpful Voice

Serving the entire population of our region, 2-1-1 San Diego connects people with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable online database. Using the power of technology and innovation, 2-1-1 San Diego connects people to the help they need.

Every hour of every day, someone in San Diego County searches for services, from substance abuse treatment to care for a child or aging parent, food, housing or financial assistance. With more than 6,000 health and

human service programs, finding help can seem insurmountable. 2-1-1 can help.

By dialing 2-1-1, clients are linked to a live highly-trained Client Service Representatives (CSR) who will navigate them through their situations by assessing their needs and then matching them to the best and closest resource in their community. Assistance is confidential and offered in more than 200 languages and dialects. 2-1-1's highly trained CSRs provide a wide range of immediate resources to local individuals and families.



During a disaster, 2-1-1 works with the County of San Diego's Office of Emergency Services to provide public information to the community, rumor control and trend analysis to County officials, report community needs that are not being met, and act as the central communications point for other community agencies and non-governmental organizations.

For additional information, please visit www.211sandiego.org or simply call 2-1-1.

POWAY Community Services



Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

SUMMER 2014

Registration begins MAY 13

July is Parks and Recreation Month!

Parks Make Life Better!

But the outdoor fun continues all summer long!

Now that the weather is warmer and the days are longer, it is time get outside! Come enjoy all that your local parks and recreation programs have to offer. The programs provide safe places to gather, and promote health and wellness, all while you are having FUN! Check out the wide variety of offerings! You and your family are sure to find something or someplace that you'll love.

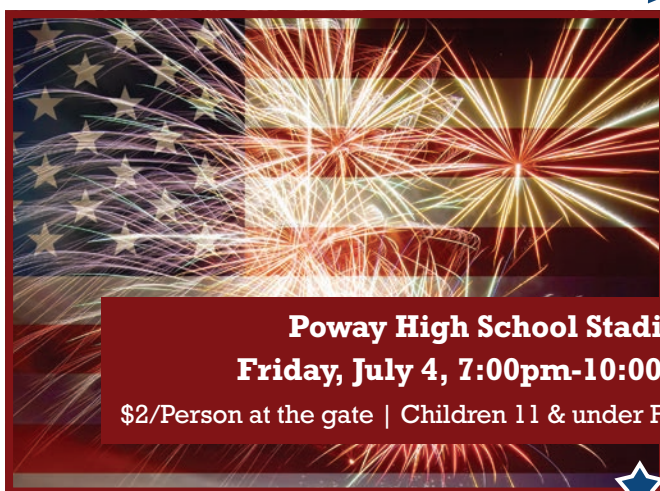
- Host a Birthday Party at the Poway Community Swim Center
- Enjoy a free, family-friendly movie under the stars at Community Park
- Explore the biking trails or paddle your way across Lake Poway
- Connect with early American history at the Kumeyaay-Ipai Interpretive Center
- Purchase fresh and organic produce at the Farmers Market in Old Poway Park
- Rent a picnic area and host a family reunion at Community Park
- Learn about Poway's plant and wildlife during a docent-led hike through Blue Sky
- Teach your child to hit a home run at a neighborhood park field
- Attend a free summer concert at Lake Poway or Old Poway Park

Old-Fashioned 4TH OF JULY

Bring your family and friends to Old Poway Park and celebrate our country's independence "turn-of-the-20th-century-style". This event will feature patriotic entertainment, gun fighting re-enactments, free crafts, and old-fashioned games. Tasty treats and rides aboard the 1907 Baldwin Steam Engine will be available for a nominal fee. Information: (858) 668-4576 or www.poway.org/oldpowaypark



FREE! Friday, July 4th 10:00am-4:00pm



4th of July Fireworks Show!

A Poway tradition continues! Enjoy spectacular fireworks as they light up the sky over the Poway High School Stadium at 9:00pm. Arrive at 7:00pm for fun, family games, activities, and a DJ spinning the tunes. Contributions to the Fireworks Trust Fund are always welcome. Call (858) 668-4682 to donate. Information: www.poway.org

Poway High School Stadium Friday, July 4, 7:00pm-10:00pm
\$2/Person at the gate | Children 11 & under FREE



Smart & Final extra! Summer Concert Series

FREE family fun and great tunes! This summer, enjoy the best local entertainment around on Sundays, from 5:30-7:00pm. Thanks to our sponsors: Smart & Final, Marrakol Design & Remodeling, Cymer, General Atomics, Poway Toyota, Palomar Drinking Water, Country Montessori School of Poway and Cox Communications. Information: www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.

FREE Summer Concerts Sundays 5:30pm-7:00pm

Date	Location	Performer	Musical Style
June 22	Lake Poway	The Fabulous Ultratones	80's and 90's Hits
July 6	Lake Poway	Help	Beatles
July 13	Old Poway Park	The Lace Makers	Celtic
July 20	Lake Poway	Coast Riders	Jimmy Buffet
July 27	Old Poway Park	Benedetti Trio	Classic Favorites
Aug 3	Lake Poway	Classic Chrome Revue	Motown
Aug 10	Old Poway Park	Pomerado Community Band	Big Band

Band Festival & Arts and Crafts Market



Come listen to concert bands from near and afar during a FREE weekend of music at Old Poway Park. Information: (858) 668-4576 or www.poway.org/oldpowaypark.



Enjoy a family-friendly movie under the stars during the Summer Movie-in-the-Park Series. Movies will start at sunset. Concessions will be hosted by teen volunteers to fundraise for City of Poway teen programming. Information: (858) 668-4671 or www.poway.org

Date	Location	Movie	Cost
June 28	Community Park	Frozen	Free
July 12	Poway Swim Center	Monsters University	Free
July 26	Community Park	The Nut Job	Free
August 9	Poway Swim Center	The Lego® Movie	Free
August 23	Community Park	Planes	Free



NEW! Teen Excursion to Aquatica | Grades 6th-9th
Start your summer with a SPLASH! We're heading to Aquatica, SeaWorld's waterpark, for a soaking good time! Challenge your friends on the new Taumata Racer, spin yourself silly on Tassie's Twister, or conquer the highest, fastest slide of them all - HooRoo Run! So what are you waiting for? Grab your friends and join us for some fun in the sun! Register early as spots are limited. Information: (858) 668-4671 or www.poway.org/teens. Instructor: Community Park Staff Drop-off & Pickup: Community Park, Auditorium

8442.100 Friday 9:00am-5:30pm Jun 13 \$30/participant

Camp Payment Plans Now Available!

Make it easier on your wallet this summer – use payment plans to pay for camp! Sign your kids up now so they don't miss those popular camps. Half the cost is due at sign-up and the remainder will be due one week before the activity starts. Full details can be found at www.poway.org/classes.

Lake Poway Day Camp is Full!

For more information or to sign up for a waitlist, please visit: poway.org/classes

Children's Camp

Hopscotch: Tiny Tots Preschool Camp | Ages 3 to 5

Hop into learning and fun during the Hopscotch Tiny Tots Preschool Camp! Children will socialize, play, and learn with their peers in a fun, relaxed atmosphere. Each week of camp will have a unique theme and incorporate art projects, musical instruments, dancing, educational activities, and even some yoga! Watch your children grow this summer in a camp that gives them the opportunity to creatively be themselves. Please bring water and a healthy snack each day.

Instructor: Kimberly Bruch

Location: Community Park, Youth Activity Room

4012.110	M-F 9:00am-12:00pm	Jun 23-Jun 27
4012.111	M-Th 9:00am-12:00pm	Jun 30-Jul 3
4012.112	M-F 9:00am-12:00pm	Jul 7-Jul 11
4012.113	M-F 9:00am-12:00pm	Jul 14-Jul 18
4012.114	M-F 9:00am-12:00pm	Jul 21-Jul 25
4012.115	M-F 9:00am-12:00pm	Jul 28-Aug 1
4012.116	M-F 9:00am-12:00pm	Aug 4-Aug 8
4012.117	M-F 9:00am-12:00pm	Aug 11-Aug 15

THEME	RES/NON
All about me!	\$150/\$160
Down on the Farm	\$120/\$130
Bears, Bears, and Bears!	\$150/\$160
Insects & Arachnids	\$150/\$160
Under the Sea	\$150/\$160
Seeds, Plants, & More	\$150/\$160
Frogs & Toads!	\$150/\$160
Icky Sticky Science	\$150/\$160

Film/TV Production Camps

NOTE: Sign up for two IncrediFlix camps in the same week and enjoy a one-time \$30 materials fee and free lunch supervision!

NEW! IncrediFlix: Imagination Flix | Ages 7-13

Take your characters underwater, to a volcano, or even to outer space! In this exciting stop-motion animation camp, there are no limits to where your imagination can take you. You'll brainstorm, create your very own clay characters (that you keep), choose the backgrounds, film your movies using a green screen, and add voice-overs, while working in age-appropriate groups. **All flix downloadable within a month after camp ends.**



Instructor: IncrediFlix: www.IncrediFlix.com
Location: Meadowbrook Gymnasium

	RES/NON
5183.103 M-F 9:00am-12:00pm Jun 23-Jun 27	\$190/\$200*

*\$30 materials fee due on the first day of class

NEW! IncrediFlix: Filmmaking Flix | Ages 7-13

Do you want to have a blast making a movie? We'll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, act and direct in a collaborated movie that will be fun for the entire audience. **All flix downloadable within a month after camp ends.**

Instructor: IncrediFlix: www.IncrediFlix.com
Location: Meadowbrook Gymnasium

	RES/NON
5183.106 M-F 1:00-4:00pm Jul 14-Jul 18	\$190/\$200*

*\$30 materials fee due on the first day of class

NEW! IncrediFlix: CreatureFlix | Ages 7-13

Make your very own creatures and make them look like they're running around the room in this wild, stop-motion animation camp! After designing and creating your cardboard creatures, you and your group will write the story, film your movies, and add your own voice-overs and sound effects in this one-of-a-kind camp where your creatures can go anywhere you go. **All flix downloadable within a month after camp ends.**

Instructor: IncrediFlix: www.IncrediFlix.com
Location: Meadowbrook Gymnasium

	RES/NON
5183.104 M-F 1:00-4:00pm Jun 23-Jun 27	\$190/\$200*

*\$30 materials fee due on the first day of class

IncrediFlix: Lego Flix | Ages 7-13

We know you love Legos® and can create incredible worlds. Now it's time to bring those worlds to life in Lego® animated flix! We provide the Legos®, and you provide the imagination. Students will create a Lego® set with Lego® characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups. **All flix downloadable within a month after camp ends.**



Instructor: IncrediFlix: www.IncrediFlix.com
Location: Meadowbrook Gymnasium

	RES/NON
5183.105 M-F 9:00am-12:00pm Jul 14-Jul 18	\$190/\$200*

*\$30 materials fee due on the first day of class

NEW! Movie Makers | Ages 10-17

This hands-on, interactive course will instruct students on the world of digital video design and production. Students will film, direct, and edit their own digital video creations. Students enrolled in this course will amaze their peers with green screen and special effects work.

Instructor: Youth Tech, Inc: www.youthtechinc.com
Location: Meadowbrook Gymnasium

	RES/NON
9416.105 M-Th 9:00am-12:00pm Jul 28-Jul 31	\$140/\$150*

*\$10 materials fee due on the first day of class



NEW! Claymation Camp | Ages 8-15

Claymation camp is a creative mix of art and technology that allows students to write their own story, create unique characters, and make their very own cartoon movie! Participants will discover all aspects of Claymation movies, writing, sculpting, and filming their clay creations. With creativity, we can make our actors fly, jump, fight, and save the world!

Instructor: Arimaw Productions: info@arimaw.com
Location: Old Poway Park, Templars Hall

	RES/NON
5183.107 M-F 9:00am-12:00pm Aug 11-Aug 15	\$175/\$185

Science Camps

Mad Science All Stars | Ages 5-10

You have been selected to participate on the Mad Science All-Star team! Learn about famous scientists and inventors who were all-stars in their field of expertise. Together with your teammates, you will build super structures, create a volcanic eruption, and examine rocks formed from volcanic magma. **Take-home projects include: magnetic soccer game, rocket racer, animal track, crystal garden, and more!**

Instructor: Mad Science of San Diego

Location: Lake Poway, Pavilion

	RES/NON
6573.109 M-F 1:00-4:00pm Jul 28-Aug 1	\$121/\$131*

*\$30 materials fee due first day of class



NEW! Radical Reptiles & Friends Camp | Ages 5-11

Radical Reptiles and Friends will introduce participants to a unique menagerie of live animals including snakes, frogs, turtles, tortoises, lizards, bugs, and other creepy crawlies. As participants explore the animal kingdom, they will have a unique hands-on experience enhanced by art, games, and various projects related to these fascinating creatures.

Instructor: Radical Reptiles and Friends Instructors, Ben Hian and John Taibe

Location: Lake Poway, Pavilion

	RES/NON
6180.110 M-F 9:00-11:00am Jun 23-Jun 27	\$115/\$125
6180.111 M-F 1:00-3:00pm Aug 11-Aug 15	\$115/\$125

Mad Science NASA Space Academy | Ages 6-11

Mad Science and NASA have teamed up to bring you the excitement and wonder of space. Learn the science involved in rocket construction as you build and launch your own rocket. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. **Take-home projects include: Skyblazer Rocket, Space Copter, Cosmic Disk, Stereo Viewer, and more!**

Instructor: Mad Science of San Diego

Location: Old Poway Park, Templars Hall

	RES/NON
6573.100 M-F 9:00am-12:00pm Jun 16-Jun 20	\$131/\$141*
6573.101 M-F 1:00-4:00pm Jul 21-Jul 25	\$131/\$141*

*\$50 materials fee due first day of class



Science Camps (cont'd)

Mad Science Adventures in the Wild | Ages 5-10

Take a walk on the wild side with Mad Science as we explore animals, birds, bugs, and beasts for an out-of-this-world adventure! Have some creepy, crawly fun building a bug house. Explore the amazing ways animals adapt in the wilderness as you hunt down their tracks and make an animal track of your own. **Take-home projects include: A bug house, animal track, solar cooker, and more!**

Instructor: Mad Science of San Diego

Location: Old Poway Park, Great Room **RES/NON**
6573.102 M-F 1:00-4:00pm Jun 16-Jun 20 \$121/\$131*

Location: Lake Poway, Pavilion **RES/NON**
6573.103 M-F 9:00am-12:00pm Jul 14-Jul 18 \$121/\$131*

* \$30 materials fee due first day of class



NEW! Mad Science Operation Invention | Ages 6-11

With a little bit of ingenuity, campers will be challenged to recreate some of the most important and exciting inventions of all time; including catapults, bridges, circuits, and light bulbs! Next, they'll overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important tool of all – their minds! While Thomas Edison said, "invention is 10% inspiration and 90% perspiration" this camp is 100% FUN! **Take home projects include: Harmonica, Catapult, Circuit Maze, Message in a Bottle, and much more!**

Instructor: Mad Science of San Diego

Location: Community Park, Auditorium **RES/NON**
6573.104 M-Th 1:00-4:00pm Jun 30-Jul 3 \$97/\$107*

Location: Lake Poway, Pavilion **RES/NON**
6573.105 M-F 9:00am-12:00pm Aug 11-Aug 15 \$121/\$131*

* \$30 materials fee due first day of class

NEW! Mad Science Red Hot Robots | Ages 8-12

Join Mad Science in a red-hot robotic exploration! Discover the inner workings of robots by experimenting with circuits, gears, sensors, and power supplies. Experiment with sound sensing, line tracking, and solar-powered robots. Become a robot engineer as you build your very own robot throughout the week! **Take-home projects include: A robot, bug-bot, squiggle ball, and more!**

Instructor: Mad Science of San Diego

Location: Lake Poway, Pavilion **RES/NON**
6573.106 M-F 1:00-4:00pm Jun 23-Jun 27 \$146/\$156*

Location: Old Poway Park, Templars Hall **RES/NON**
6573.107 M-F 9:00am-12:00pm Aug 4-Aug 8 \$146/\$156*

* \$50 materials fee due first day of class

Mad Science Crazy Chem-Works | Ages 5-10

Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. **Take-home projects include: A reaction tube kit, thermo-color cup, slippery slime, Professor Beakerdude, and more!**

Instructor: Mad Science of San Diego

Location: Lake Poway, Pavilion **RES/NON**
6573.108 M-F 1:00-4:00pm Jul 7-Jul 11 \$131/\$141*

* \$40 materials fee due first day of class



Art Camps

NEW! Art Mania | Ages 7+

Even if you have never picked up a paintbrush, you can design Japanese lacquerware, create mosaic glassware, learn pen and ink drawing techniques, and paint a masterpiece! Develop new skills, and learn new techniques to create beautiful and unique works of art! **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Great Room

RES/NON
6182.120 M-F 9:00am-12:00pm Jun 23-Jun 27 \$159/\$169

NEW! Bugs and Butterflies | Ages 3-6

Explore nature through sculpture, painting, printing, collage, drawing, and much more! We will use all kinds of art media to create stick bugs and "ick" bugs, as well as beautiful butterflies and shiny beetles! Join us as we design a garden of wonderful creatures; play games, read stories, sing buggy songs, and have a great time buzzing around! **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

RES/NON
6182.121 M-F 9:30am-12:00pm Jun 23-Jun 27 \$169/\$179



NEW! Super Pink! | Ages 3-6

Eat too many pink cupcakes and you'll turn PINK! Join us for a "pink" week (with a few other colors thrown in for good measure!) We'll paint, sculpt, collage, and more to create artwork inspired by the "Pinkalicious" book series. **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

RES/NON
6182.122 M-F 9:30am-12:00pm Jul 7-Jul 11 \$169/\$179

NEW! Pirate Adventure | Ages 3-6

Ahoy Mateys! Come aboard as we travel to Pirate Island where we'll find treasure chests, colorful parrots, and lots of fun and adventure! Create treasure maps, golden doubloons, sea monsters, ships, and more! We'll play games, sing songs, read pirate stories, and hunt for treasure! Arrrgh! **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

RES/NON
6182.123 M-F 9:30am-12:00pm Jul 21-Jul 25 \$169/\$179

NEW! Monster Mash Mania! | Ages 3-6

Calling all friendly monsters! Travel to the depths of the ocean and the outer limits of space to meet enormous sea monsters, massive land creatures, and silly alien friends! Paint, sculpt, print, and draw monstrously good artistic creations, and read monster books like "Where the Wild Things Are"! Along the way, we'll sing monster songs and do monster dances and have a marvelous, monstrous adventure! **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

RES/NON
6182.124 M-F 9:30am-12:00pm Aug 11-Aug 15 \$169/\$179

Woodshop Wizards | Ages 6-13

This program provides youth the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and developing a skill set. This hands-on program uses a variety of age appropriate hand tools, like hammers and cordless drills, stressing safety and proper use. Students construct several projects using real tools, creatively painting and personalizing them, and then take them home to treasure!

Instructor: Anthony Demopoulos

Location: Community Park, Auditorium

RES/NON
7617.110 M-F 9:00am-12:00pm Jun 23-Jun 27 \$160/\$170*

7617.111 M-F 9:00am-12:00pm Jul 7-Jul 11 \$160/\$170*

7617.112 M-F 9:00am-12:00pm Jul 14-Jul 18 \$160/\$170*

7617.113 M-F 9:00am-12:00pm Jul 21-Jul 25 \$160/\$170*

7617.114 M-F 9:00am-12:00pm Aug 4-Aug 8 \$160/\$170*

* \$50 materials fee due first day of class



NEW! Ceramics Camp | Ages 7-14

Do you like to be creative and get a little messy at the same time? Then Ceramics Camp is for you! Participants will let their creativity flow as they mold ceramic pinch pots, jewelry boxes, and anything else their heart desires. Premade figurines will also be available to paint, and the best part is you get to take everything home!

Instructor: Arimaw Productions: info@arimaw.com

Location: Lake Poway, Pavilion **RES/NON**
6182.125 M-F 1:00-4:00pm Jun 16-Jun 20 \$150/\$160

Location: Community Park, Auditorium **RES/NON**
6182.126 M-Th 9:00am-12:00pm Jun 30-Jul 3 \$120/\$130

NEW! Jewelry Making Camp | Ages 8-15

Do you have an idea for a beautiful necklace or a stunning pair of earrings? Let us help make your vision come true at this great camp for people who know how to accessorize or for those who'd like to learn how. Participants will design and make everything from key chains to band bracelets and everything in between.

Instructor: Arimaw Productions: info@arimaw.com

Location: Community Park, Auditorium

RES/NON
6182.127 M-F 1:00-4:00pm Jul 7-Jul 11 \$150/\$160

Art Start Art Camp | Ages 7-14

Enjoy a week packed full of art in the most creative camp ever! You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie-dye T-shirts, and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. Each week will offer unique experiences! Quality art materials and snack will be provided. **Bring a washed, cotton T-shirt to the first class.**

Instructor: Susan Bainbridge: www.artstart1.com

Location: Old Poway Park, Great Room

Half Day | Ages 7-14

RES/NON
6182.100 M-F 9:00am-12:00pm Jul 7-Jul 11 \$120/\$130*

6182.101 M-F 9:00am-12:00pm Jul 14-Jul 18 \$120/\$130*

6182.102 M-F 9:00am-12:00pm Jul 21-Jul 25 \$120/\$130*

6182.103 M-F 9:00am-12:00pm Jul 28-Aug 1 \$120/\$130*

6182.104 M-F 9:00am-12:00pm Aug 4-Aug 8 \$120/\$130*

6182.105 M-F 9:00am-12:00pm Aug 11-Aug 15 \$120/\$130*

* \$40 materials fee due first day of class

Full Day | Ages 8-14

RES/NON
6182.106 M-F 9:00am-3:00pm Jul 7-Jul 11 \$195/\$205*

6182.107 M-F 9:00am-3:00pm Jul 14-Jul 18 \$195/\$205*

6182.108 M-F 9:00am-3:00pm Jul 21-Jul 25 \$195/\$205*

6182.109 M-F 9:00am-3:00pm Jul 28-Aug 1 \$195/\$205*

6182.110 M-F 9:00am-3:00pm Aug 4-Aug 8 \$195/\$205*

6182.111 M-F 9:00am-3:00pm Aug 11-Aug 15 \$195/\$205*

* \$60 materials fee due first day of class



Sport & Swim Sports Camps

Swim & Tennis Camp | Ages 6-15

The tennis portion of this camp will consist of court etiquette, scoring system, footwork drills, forehand and backhand groundstroke drills, volley drills, serving drills, games, singles and doubles strategy, court positioning, and conditioning. These techniques are designed to form a well-rounded tennis enthusiast with enhanced abilities! **Snacks will be provided, but all participants should bring a sack lunch each day.** After lunch, participants will cool off in the pool! Participants should bring a swim suit, towel, and plenty of sunscreen!

Instructor: Art Christophiades

Location: Community Park, Tennis Courts/Swim Center

			RES/NON
2443.120	M-F 10:00am-3:00pm	Jun 16-Jun 20	\$110/\$120*
2443.121	M-F 10:00am-3:00pm	Jun 23-Jun 27	\$110/\$120*
2443.122	M-Th 10:00am-3:00pm	Jun 30-Jul 3	\$88/\$98*
2443.123	M-F 10:00am-3:00pm	Jul 7-Jul 11	\$110/\$120*
2443.124	M-F 10:00am-3:00pm	Jul 14-Jul 18	\$110/\$120*
2443.125	M-F 10:00am-3:00pm	Jul 21-Jul 25	\$110/\$120*
2443.126	M-F 10:00am-3:00pm	Jul 28-Aug 1	\$110/\$120*

* \$15 materials fee due first day of class

Girls Running Strong Stride & Swim | Ages 7-13

The Girls Running Strong Summer camp is a five-day running/fitness and self-esteem program for girls ages 7-13. Girls will be introduced to the basics of running, how to set and achieve goals, proper nutrition, the importance of a healthy lifestyle, and positive self-body image. Each morning, the girls will get some exercise and participate in fun-filled character attribute lessons, goal setting, and positive self-esteem activities. After lunch, they'll cool off in the pool! **Snacks will be provided, but all participants should bring a sack lunch each day.** Participants should bring a swim suit, towel, and plenty of sunscreen. On Friday, the girls will run a 1-mile course and parents are welcome to come cheer them on!

Instructor: Joanne Olson: www.girlsrunningstrong.com

Location: Community Park, Picnic Area 2/Swim Center

			RES/NON
2443.130	M-F 10:00am-3:00pm	Jun 16-Jun 20	\$129/\$139*
2443.131	M-F 10:00am-3:00pm	Jul 14-Jul 18	\$129/\$139*
2443.132	M-F 10:00am-3:00pm	Jul 28-Aug 1	\$129/\$139*
2443.133	M-F 10:00am-3:00pm	Aug 4-Aug 8	\$129/\$139*

* \$50 materials fee due first day of class

Coast 2 Coast Irish Soccer | Ages 4-12

Experience one of the most popular summer camps in California! Your child will learn amazing soccer skills from enthusiastic Irish college soccer players. We guarantee your child will have FUN! While learning soccer techniques and skills in an active, engaging environment. Each child will receive a Coast 2 Coast soccer jersey, ball, wristband, and certificate. **All participants should bring water, a healthy snack, sack lunch, and sunscreen each day.** Cleats & shin pads are recommended!

Instructor: Coast 2 Coast Soccer: www.c2csoccer.com

Location: Community Park, Valley Soccer Field

			RES/NON
2443.108	M-F 9:00am-2:00pm	Jul 7-Jul 11	\$159/\$169
2443.109	M-F 9:00am-2:00pm	Jul 21-Jul 25	\$159/\$169

World Cup Soccer Camp | Ages 5-13

Providing soccer camps for over 20 years, this is more than your typical camp experience. With an emphasis on instruction, your child will receive the highest level of attention. We form groups based on age and ability the first day of camp. With a 1-to-10 coach-to-player ratio, our experienced and educated staff is able to evaluate individual players, and focus on developing your child's athletic and team building skills while creating a fun atmosphere. Each child will receive a T-shirt, player's evaluation, and camp memento. **All participants should bring a soccer ball, water, a healthy snack, sack lunch (full-day camp only), and sunscreen each day.**

Instructor: World Cup Soccer: www.worldcupsoccercamps.com

Location: Community Park, Valley Soccer Field

			RES/NON
2443.110	M-F 9:00am-12:30pm	Jul 14-Jul 18	\$149/\$159
2443.111	M-F 9:00am-3:00pm	Jul 14-Jul 18	\$179/\$189
Location: Hilleary Soccer Field			
2443.112	M-F 9:00am-12:30pm	Aug 4-Aug 8	\$149/\$159
2443.113	M-F 9:00am-3:00pm	Aug 4-Aug 8	\$179/\$189
2443.114	M-F 9:00am-12:30pm	Aug 11-Aug 15	\$149/\$159
2443.115	M-F 9:00am-3:00pm	Aug 11-Aug 15	\$179/\$189

Intermediate Girls Basketball | Ages 12-16

This intermediate camp is for the high school freshman and junior varsity caliber player. Emphasis will be placed on offensive and defensive fundamentals needed for participation at the high school level. Four-on-four and five-on-five team concepts will be stressed. Perimeter and post play will be emphasized through group work. Participants need to be entering 8th through 10th grade in order to enroll. Seventh graders may enroll with instructor approval.

Instructor: Jay Trousdale

Location: Twin Peaks Multipurpose Center

			RES/NON
2443.101	M-Th 2:30-4:30pm	Jun 16-Jun 19 Jun 23-Jun 26	\$135/\$145

Advanced Girls Basketball | Ages 15-18

This advanced camp is for the high school varsity caliber player. Offensive and defensive fundamentals will be emphasized. Four-on-four and five-on-five team concepts will also be stressed. Perimeter play and post play will be emphasized at both ends of the floor. Participants need to be entering 10th through 12th grade in order to enroll.

Instructor: Jay Trousdale

Location: Twin Peaks Multipurpose Center

			RES/NON
2443.102	M-Th 12:30-2:30pm	Jun 16-Jun 19 Jun 23-Jun 26	\$135/\$145

Archery Basics Camp | Ages 7-15

Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in the week-long camp. Please do not bring equipment; **equipment provided for class use.**

Instructor: Rick Harper

Location: Lake Poway, Archery Range

			RES/NON
2443.140	M-F 8:00-9:30am	Jul 7-Jul 11	\$75/\$85*
2443.141	M-F 10:00-11:30am	Jul 7-Jul 11	\$75/\$85*
2443.142	M-F 8:00-9:30am	Jul 14-Jul 18	\$75/\$85*
2443.143	M-F 10:00-11:30am	Jul 14-Jul 18	\$75/\$85*
2443.144	M-F 8:00-9:30am	Jul 21-Jul 25	\$75/\$85*
2443.145	M-F 10:00-11:30am	Jul 21-Jul 25	\$75/\$85*
2443.146	M-F 8:00-9:30am	Jul 28-Aug 1	\$75/\$85*
2443.147	M-F 10:00-11:30am	Jul 28-Aug 1	\$75/\$85*
2443.148	M-F 8:00-9:30am	Aug 4-Aug 8	\$75/\$85*
2443.149	M-F 10:00-11:30am	Aug 4-Aug 8	\$75/\$85*
2443.150	M-F 8:00-9:30am	Aug 11-Aug 15	\$75/\$85*
2443.151	M-F 10:00-11:30am	Aug 11-Aug 15	\$75/\$85*

* \$15 materials fee due first day of class

Skyhawks Mini Hawk Camp | Ages 4-7

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Each child will receive a ball, T-shirt, and merit award. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Community Park, Open Play Area

			RES/NON
2443.152	M-F 9:00am-12:00pm	Jun 23-Jun 27	\$125/\$135*
2443.153	M-F 9:00am-12:00pm	Jul 21-Jul 25	\$125/\$135*

* \$10 materials fee due first day of class

NEW! Skyhawks Baseball | Ages 6-12

Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment by local Skyhawks staff. All athletes, regardless of skill level, will learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. All participants will come away with new friends, new skills, and love for the game! **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Community Park, Ball Field East

			RES/NON
2443.154	M-F 9:00am-12:00pm	Jun 16-Jun 20	\$125/\$135*

* \$10 materials fee due first day of class

NEW! Skyhawks Volleyball Camp | Ages 7-12

Skyhawks Coed Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily scrimmages aimed at developing the whole player. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Twin Peaks Multipurpose Center

			RES/NON
2443.155	M-F 9:00am-12:00pm	Jul 7-Jul 11	\$125/\$135*

* \$10 materials fee due first day of class

Skyhawks Basketball Camp | Ages 6-12

Using our progression curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork, and responsibility as they will start each day with a "skill of the day" and progress in to drills and games making an unforgettable camp experience. After a week of passing, shooting, dribbling, and rebounding you will see why this is one of our most popular programs. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Twin Peaks Multipurpose Center

			RES/NON
2443.156	M-F 9:00am-12:00pm	Jul 14-Jul 18	\$125/\$135*

* \$10 materials fee due first day of class



Skyhawks Flag Football Camp | Ages 6-12

Get introduced to "America's Game" or brush up on your skills in preparation for league play. Through our "skill of the day", campers will learn the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun & positive environment. The week will end with the ever-popular Skyhawks Sports Bowl! Each child will receive a ball, T-shirt, and player evaluation. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Community Park, Open Play Area

			RES/NON
2443.158	M-F 9:00am-12:00pm	Aug 11-Aug 15	\$125/\$135*

* \$10 materials fee due first day of class

Skateboarding Camp | Ages 5-13

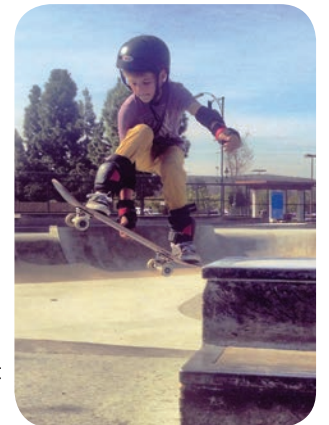
Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! **All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa:

Andrew@sdskatelife.com

Location: Community Park, Skate Park

			RES/NON
7617.115	M-F 9:00am-12:00pm	Jun 16-Jun 20	\$150/\$160
7617.116	M-F 9:00am-12:00pm	Jul 14-Jul 18	\$150/\$160
7617.117	M-F 9:00am-12:00pm	Jul 28-Aug 1	\$150/\$160
7617.118	M-F 9:00am-12:00pm	Aug 11-Aug 15	\$150/\$160



Technology Camps

NEW! Pre-Engineering using LEGO® Camp | Ages 5-6

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars, using special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Instructor: Play-Well TEKologies

Location: Meadowbrook Gymnasium

9416.106 M-F 9:00am-12:00pm Jun 16- Jun 20 RES/NON \$185/\$195



NEW! Engineering FUNdamentals using LEGO® Camp | Ages 7-12

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment.

Instructor: Play-Well TEKologies

Location: Meadowbrook Gymnasium

9416.107 M-F 1:00-4:00pm Jun 16- Jun 20 RES/NON \$185/\$195

NEW! Mine, Craft, Build: Survival Game using LEGO® Camp | Ages 7-12

Bring Minecraft to life using LEGO®! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO® Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO®.

Instructor: Play-Well TEKologies

Location: Meadowbrook Gymnasium

9416.109 M-Th 1:00-4:00pm Jun 30-Jul 3 RES/NON \$148/\$158

NEW! Web Design | Ages 10-17

This course is an in-depth look at the world of web design and development. Students enrolled in this session will learn how to build their own website from start to finish using an award-winning suite of products. The learning for this camp does not end at the door. Students will have access to their web site with free hosting for one year.

Instructor: Youth Tech, Inc: www.youthtechinc.com

Location: Meadowbrook Gymnasium

9416.102 M-Th 9:00am-12:00pm Jul 7-Jul 10 RES/NON \$150/\$160*

* \$10 materials fee due first day of class

NEW! Construction Vehicles using LEGO® Camp | Ages 5-6

Dig into engineering with big trucks, construction vehicles, and super machines. Explore the engineering terms, concepts, and vocabulary behind large-scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while playing with your favorite building system: LEGO®!

Instructor: Play-Well TEKologies

Location: Meadowbrook Gymnasium

9416.108 M-Th 9:00am-12:00pm Jun 30-Jul 3 RES/NON \$148/\$158

NEW! Animation | Ages 10-17

In this class, students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun, interactive animations will love this course. This class utilizes Adobe's award-winning animation software in Adobe Flash. Students will create fun, interactive animations that they can share with the world.

Instructor: Youth Tech, Inc: www.youthtechinc.com

Location: Meadowbrook Gymnasium

9416.104 M-Th 1:00-4:00pm Jul 21-Jul 24 RES/NON \$150/\$160*

* \$10 materials fee due first day of class

Game Design Apps | Ages 10-17

This course provides students with a fun, interactive look at the worldwide mobile video game design and development. Students enrolled in this course will learn how to publish games to their favorite Apple® or Android™ devices. **Video Game Design is a prerequisite for this course.**

Instructor: Youth Tech, Inc: www.youthtechinc.com

Location: Meadowbrook Gymnasium

9416.103 M-Th 1:00-4:00pm Jul 28-Jul 31 RES/NON \$160/\$170*

* \$10 materials fee due first day of class

Video Game Design | Ages 10-17

This course provides students with a fun, interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family!

Instructor: Youth Tech, Inc: www.youthtechinc.com

Location: Meadowbrook Gymnasium

9416.100 M-Th 1:00-4:00pm Jul 7-Jul 10 RES/NON \$160/\$170*

9416.101 M-Th 9:00am-12:00pm Jul 21-Jul 24 RES/NON \$160/\$170*

* \$10 materials fee due first day of class

Dance Camps

NEW! Angelina Ballerina Dance Camp | Ages 3-6

The "Angelina Ballerina" camp is designed to inspire every young dancer who attends! Learn ballet, tap, tumbling, and a little wiggly jazz - just like Angelina! A daily sparkly craft project and dance-related story/video will enhance the fun! Please wear dance attire and tap shoes, and bring ballet or jazz shoes. Bring a healthy snack and water each day. Family and friends are invited to see our mini-performance on the final day of camp.

Instructor: Debbora Childress & Kellie Childress-Nichols, www.MsDebborasDanceForChildren.com

Location: Twin Peaks Multipurpose Center

6182.130 M-F 9:30am-12:30pm Jul 21-Jul 25 RES/NON \$145/\$155

NEW! Disney Princess Dance Camp | Ages 4-7

All princesses in the kingdom are invited to spend a week of dance and enchantment with some of our favorite Disney princesses! Learn ballet, tap, tumbling, and jazz dances to beloved songs from "Under the Sea," all the way to "Cinderella's Castle" and more! A daily sparkly craft and dance-related story/video included. Please wear dance attire and tap shoes, and bring ballet or jazz shoes. Bring a healthy snack and water each day. Family and friends are invited to see our mini-performance on the final day of camp.

Instructor: Debbora Childress & Kellie Childress-Nichols, www.MsDebborasDanceForChildren.com

Location: Twin Peaks Multipurpose Center

6182.132 M-F 1:00-4:00pm Jul 14-Jul 18 RES/NON \$145/\$155

NEW! Got Moves? Dance Camp | Ages 7-13

Come learn some sweet dance moves with your favorite cool friends this summer! Our "Got Moves? Dance Camp!" will be fun-filled and fast-paced with instruction in ballet, jazz, tap, and tumbling. Daily art projects and dance videos included! Please wear dance attire and tap shoes, and bring ballet or jazz shoes. Bring a healthy snack and water each day. Family and friends are invited to see our mini-performance on the final day of camp.

Instructor: Debbora Childress & Kellie Childress-Nichols, www.MsDebborasDanceForChildren.com

Location: Twin Peaks Multipurpose Center

6182.131 M-F 9:30am-12:30pm Jul 28-Aug 1 RES/NON \$145/\$155

NEW! You Can Dance-Boot Camp | Ages 7-13

Feel the beat, but leave the heat - during this action-packed week of "You Can Dance - Boot Camp!" Learn tap, ballet, jazz, tumbling, tricks, turns, and stagecraft. Classes are fast-paced and include daily art projects, dance videos, and your favorite popular music! Gain confidence in your performance skills and learn some new moves, too! Please wear dance attire and tap shoes, and bring ballet or jazz shoes. Bring a healthy snack and water each day. Family and friends are invited to see our mini-performance on the final day of camp.

Instructor: Debbora Childress & Kellie Childress-Nichols, www.MsDebborasDanceForChildren.com

Location: Meadowbrook Gymnasium

6182.133 M-F 1:00-4:00pm Aug 4-Aug 8 RES/NON \$145/\$155

NEW! Beat Breakers Hip Hop Camp | Ages 4-7

This fun, high-energy hip hop camp will definitely have you movin' to the beats! It enables boys to be boys and girls to let loose. Activities include basic hip hop moves, tumbling, dance games, and arts and crafts in a non-stop environment. No experience needed. On Friday, dancers will show off what they've learned for parents, family, and friends! **Wear dance attire and/or regular clothes, and shoes. Bring a healthy snack each day.**

Instructor: Dance To EvOLvE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

6182.147 M-F 9:00am-12:00pm Jul 14-Jul 18 RES/NON \$165/\$175

Dance! Design! Direct! Choreography Dance Camp | Ages 7-12

Do it all in this unique camp that goes beyond traditional dance classes and blends dance instruction with creative freedom. The dancers are the decision makers in exploring various styles of dance, student choreography, music selection, show management, stage hair/make-up, fun head shots, and art and costume design for the end of the week performance. This is the camp for kids who love to perform (no dance experience required)! **Wear dance attire and/or regular clothes, and shoes. Bring a healthy snack each day.**

Instructor: Dance To EvOLvE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

6182.146 M-F 9:00am-12:00pm Jul 21-Jul 25 RES/NON \$165/\$175

Creative Arts Camps

Musical Theatre Camp | Ages 8-15

In this fun and entertaining Musical Theatre Camp, kids will learn all about the performing arts! We'll take a classic musical and adapt it into our own smash hit! Improv and musical theatre will be the focus, plus we'll have a great time playing lots of fun theatre games. Everyone will play a huge part in bringing the magic together! A new mini-production will be performed every week.

Instructor: Julie Clemmons

Location: Old Poway Park, Templars Hall

6182.140 M-F 9:00am-1:00pm Jun 23-Jun 27 RES/NON \$95/\$105*

6182.141 M-F 9:00am-1:00pm Jul 7-Jul 11 RES/NON \$95/\$105*

6182.142 M-F 1:00-5:00pm Aug 4-Aug 8 RES/NON \$95/\$105*

*\$15 materials fee due on the first day of class

NEW! Best of Broadway Camp | Ages 7-12

Let's create a show in just 4 days! Come learn from three, fun, specialized experts in acting, dance, and voice as we have "performing arts school" in the morning, and create our show in the afternoon. Participants will develop skills in acting technique, terminology, and improv followed by a fantastic dance class and a dive into vocal technique.

Instructor: Catherine Colby

Location: Twin Peaks Multipurpose Center

6182.134 M-Th 9:00am-3:00pm Jun 30-Jul 3 RES/NON \$155/\$165

NEW! Summer Shakespeare Camp | Ages 12+

Theater lovers will boldly take on Shakespeare for three weeks, focusing on "A Midsummer Night's Dream," which students will present at Old Poway Park on the final day of class in a Renaissance Festival setting.

Instructor: Julie Clemmons

Location: Old Poway Park, Templars Hall

6182.135 M-F 1:00-5:00pm Jul 14-Jul 18 RES/NON \$150/\$160

M-F 1:00-5:00pm Jul 21-Jul 25

M-Th 1:00-5:00pm Jul 28-Jul 31

Creative Explorers Camp | Ages 3-6

Your little one will explore the world of dance, music, and art. This camp begins with dance games, explores music through singing silly songs and playing all kinds of fun instruments, and ends with fun and creative art projects. Dancers will get to show off their talents and creations during the end of the week show. **Wear dance attire and/or regular clothes, and shoes. Bring a healthy snack each day.**

Instructor: Dance To EvOLvE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

6182.148 M-F 9:00am-12:00pm Jul 28-Aug 1 RES/NON \$165/\$175

Special Interest Camps

NEW! Fashion Camp | Ages 8-15

Do you want to be a fashion designer? Or do you want to look absolutely fabulous at all times? Then Fashion Camp was designed for you! We will help you create your very own brand name, high fashion pieces, clothing, and accessories. Participants will learn how to sew various material, replace buttons, add zippers, and much more to make their outfits rock.

Instructor: Arimaw Productions: info@arimaw.com

Location: Community Park, Auditorium

			RES/NON
6180.100	M-F 1:00-4:00pm	Jun 23-Jun 27	\$150/\$160

NEW! Fort Building Camp | Ages 6-14

Will your fort protect you from flying water balloons? In fort building camp we will explore architecture from a new angle-from inside! Will you have a sloped roof to deflect projectiles or a flat roof to house a catapult? Will you have multiple rooms or just one big one to fit your whole squad? The best part of fort building camp is seeing how much damage our forts can take until they are turned to rubble and then we get to start over and build another, better, stronger fort!

Instructor: Arimaw Productions: info@arimaw.com

Location: Community Park, Auditorium

			RES/NON
6180.101	M-F 1:00-4:00pm	Aug 4-Aug 8	\$130/\$140

NEW! Duct Tape Camp | Ages 7-14

Arimaw Production's newest and most interesting camp offers campers a world where everything is made of duct tape! Participants will create a variety of duct tape crafts and collectibles such as: a duct tape boat; a duct tape wallet, or a duct tape bouquet made with ...you guessed it, Duct Tape Flowers! Creativity will abound when we push the duct tape envelope, literally.

Instructor: Arimaw Productions: info@arimaw.com

Location: Old Poway Park, Parlour

			RES/NON
6180.102	M-F 1:00-4:00pm	Jun 16-Jun 20	\$150/\$160

Location: Community Park, Auditorium

6180.103	M-F 9:00am-12:00pm	Jul 28-Aug 1	\$150/\$160
----------	--------------------	--------------	-------------

NEW! Babysitters Training Camp | Ages 11-16

This is an exciting and fast-paced camp for teens that are ready for the job of babysitting! Participants will learn how to get started in the "business of babysitting," supervise children and infants, perform basic child care skills such as diapering and feeding, how to choose safe, age-appropriate games and toys, among other babysitting staples and tips. Students will learn how to recognize and respond to emergencies and will be certified in CPR and First Aid. Bring a doll or stuffed animal to class, as well as a snack. Students will receive a certification in Pediatric CPR and First Aid, and Babysitter's Training from the American Red Cross.

Instructor: Blythe Paley

Location: Community Park, Auditorium

			RES/NON
6180.104	M-F 9:00am-12:00pm	Aug 11-Aug 15	\$150/\$160*
* \$40 materials fee due first day of class			

NEW! Magic Camp | Ages 6-12

Learn all the skills of a Magician: illusion, mind reading, prestidigitation, and sleight of hand! Unlock the powers of your voice, your hands, and your mind. In one week, participants will be ready to put on their very own Magic Show, and amaze and astound their friends and family.

Instructor: Arimaw Productions: info@arimaw.com

Location: Community Park, Gazebo

			RES/NON
6180.105	M-Th 9:00am-12:00pm	Jun 30-Jul 3	\$104/\$114

Location: Community Park, Auditorium

6180.106	M-F 1:00-4:00pm	Aug 11-Aug 15	\$130/\$140
----------	-----------------	---------------	-------------

NEW! Star Wars Camp | Ages 6-12

Ever since Star Wars was introduced to the world back in the summer of '77, kids have embraced and expanded the saga beyond the movies. This camp is a one-stop-shop to creating great, kid-friendly content using the ever-expanding universe of Star Wars. Make this a memorable summer with fun games, trivia, arts and craft, and friendship building.

Instructor: Arimaw Productions: info@arimaw.com

Location: Meadowbrook Gymnasium

			RES/NON
6180.107	M-F 9:00am-12:00pm	Aug 4-Aug 8	\$150/\$160

NEW! Hiking Camp | Ages 12-17

They don't call it the Great Outdoors for nothing! Campers will be led by a seasoned outdoorsman to experience the exciting world around us. We will identify native plants and animals, and learn about the dangers of invasive species. We will take only pictures and leave only footprints as we get some exercise and a greater appreciation for Mother Nature.

Instructor: Arimaw Productions: info@arimaw.com

Location: Lake Poway, Pavilion

			RES/NON
6180.108	M-F 9:00am-12:00pm	Jun 16-Jun 20	\$130/\$140

NEW! Survival Camp | Ages 10-17

Imagine being stranded at our camp ground and needing to know how to survive. Can you identify which plants are safe to eat and which will leave you feelin' queasy? Do you know how to identify a venomous snake from one that only acts venomous? Can you build a shelter out of whatever you have at hand? Use a compass to find your way back to safety? In Survival camp we find the answers to those questions and more. Can you survive Survival Camp?

Instructor: Arimaw Productions: info@arimaw.com

Location: Lake Poway, Pavilion

			RES/NON
6180.109	M-F 9:00am-12:00pm	Jul 21-Jul 25	\$130/\$140

NEW! 4littleCOOKS - Kids in the Kitchen Camp | Ages 7-12

Send your budding chef to chop, cook, and munch at 4littleCOOKS Kids in the Kitchen Camp. Chef Janet Burgess will teach participants about kitchen safety and nutrition while kids prepare three dishes daily. The class will feature American, Asian, Mexican, and Italian goodies, ending with an Iron-Chef inspired cook-off.

Instructor: Janet Burgess

Location: Community Park, Auditorium

			RES/NON
6180.112	M-F 1:00-4:00pm	Jul 14-Jul 18	\$165/\$175

Sports | Youth/Teen

Tennis: Beginner | Ages 5-14

Instructor for all tennis classes: Art Christophiades

Location: Community Park, Tennis Courts

Ages 5-8

			RES/NON
3013.100	Sat 9:00-10:00am	Jul 12-Aug 9	\$45/\$55*
3013.101	Sat 9:00-10:00am	Aug 16-Sep 13	\$45/\$55*

Ages 9-14

3013.102	T/Th 4:00-5:00pm	Jul 8-Aug 7	\$75/\$85*
3013.103	Sat 10:00-11:00am	Jul 12-Aug 9	\$45/\$55*
3013.104	T/Th 4:00-5:00pm	Aug 12-Sep 11	\$75/\$85*
3013.105	Sat 10:00-11:00am	Aug 16-Sep 13	\$45/\$55*

* \$5 materials fee due first day of class

Tennis: Intermediate | Ages 7-15

			RES/NON
3013.106	T/Th 5:00-6:00pm	Jul 8-Aug 7	\$75/\$85*
3013.107	Sat 11:00am-12:00pm	Jul 12-Aug 9	\$45/\$55*
3013.108	T/Th 5:00-6:00pm	Aug 12-Sep 11	\$75/\$85*
3013.109	Sat 11:00am-12:00pm	Aug 16-Sep 13	\$45/\$55*

* \$5 materials fee due first day of class

Tennis: Advanced Juniors | Ages 8-15

No Class: Sep 2

			RES/NON
3013.110	MW 4:00-5:30pm	Jul 7-Aug 6	\$85/\$95*
3013.111	MW 4:00-5:30pm	Aug 11-Sep 10	\$85/\$95*

* \$5 materials fee due first day of class

Youth Taekwondo | Ages 6-13

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, children develop respect, self-discipline, self-control, concentration, and confidence. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Jun 27, Jul 4 & Sep 1

			RES/NON
2091.109	MWF 6:00-7:00pm	Jun 23-Sep 12	\$95/\$105

Teen Taekwondo | Ages 14-17

This class is designed to help teens develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Jun 27, Jul 4 & Sep 1

			RES/NON
2091.110	MWF 7:00-8:00pm	Jun 23-Sep 12	\$95/\$105

Skateboarding | Ages 6 to 13

This class is designed to help build balance, confidence, and coordination for beginning skateboarders. Students will learn the fundamentals of riding, skateboarding safety, and trick development. Intermediate/advanced students will learn the principles of getting air, flip tricks, and even grinds! **All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa: Andrew@sdskatelife.com

Location: Community Park, Skate Park

			RES/NON
7600.100	Wed 5:00-6:00pm	July 16-Sept 3	\$95/\$105

Youth Volleyball | Ages 9-14

Looking for a fun sport? Come and play some volleyball on Monday nights! Volleyball play will be mixed with the learning of fundamental volleyball skills, including serving, passing, setting, and hitting.

Instructor: David Claycomb

Location: Meadowbrook Gymnasium

No Class: Jul 21 & 28

			RES/NON
2091.112	Mon 5:30-6:30pm	Jun 23-Aug 25	\$50/\$60

			RES/NON
2091.113	Mon 6:30-7:30pm	Jun 23-Aug 25	\$50/\$60

Sports | Free! Open Play

Twin Peaks Multipurpose Center
14640 Tierra Bonita Road
(858) 668-4599

Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 668-4598

Friday
Open Badminton
6:00-9:00pm

Saturday
Open Pickleball
3:00-5:30pm
Open Badminton
6:00-9:00pm

Sunday
Open Volleyball
6:00-9:00pm

Tuesday
Open Basketball
6:00-9:00pm

Sunday
Adult Open Basketball
8:30-11:30am
Youth Open Basketball
11:30am-1:30pm

Hours are subject to change without notice. Please visit our website for the most up-to-date hours: www.poway.org/community.

Soccer Shots Minis | Ages 2-3

Soccer Shots Minis is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Instructor: Soccer Shots

			RES/NON
2443.160	Sat 8:45-9:15am	Jun 28-Aug 2	\$84/\$94*
2443.161	Mon 9:00-9:30am	Jun 30-Aug 4	\$84/\$94*

* \$10 materials fee due first day of class

Soccer Shots Classic | Ages 3-6

Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will expose your child to the fun of soccer and provide the foundation needed to get started in the sport.

Instructor: Soccer Shots

			RES/NON
2443.162	Sat 9:20-10:05am	Jun 28-Aug 2	\$84/\$94*
2443.163	Mon 9:45-10:30am	Jun 30-Aug 4	\$84/\$94*

* \$10 materials fee due first day of class

Sports | Adults

Beginning Coed Volleyball | Ages 16+

Interested in learning to play volleyball? This is the place! This coed class is designed for beginning players or those who need work on the basic skills. Volleyball play will be mixed with the learning of volleyball fundamentals including serving, passing, setting, and hitting.

Instructor: David Claycomb

Location: Twin Peaks Multipurpose Center

	RES/NON
1247.120 Wed 6:00-7:30pm Jun 25-Jul 30	\$60/\$70

Intermediate Coed Volleyball | Ages 16+

All intermediate players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past volleyball experience is strongly recommended.**

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

	RES/NON
Mens 1247.100 Thu 6:30-9:30pm Jul 10-Sep 4	\$60/\$70
Womens 1247.101 Thu 6:30-9:30pm Jul 10-Sep 4	\$60/\$70

Advanced Coed Volleyball | Ages 16+

All advanced players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past league experience is required.**

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

	RES/NON
Mens 1247.102 Tue 6:30-9:30pm Jul 8-Sep 2	\$60/\$70
Womens 1247.103 Tue 6:30-9:30pm Jul 8-Sep 2	\$60/\$70

Women's Volleyball | Ages 16+

All players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past volleyball experience is strongly recommended.**

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

	RES/NON
No Class: Sep 1	
1247.110 Mon 6:30-9:30pm Jul 7-Sep 8	\$60/\$70

Adult Taekwondo | Ages 18+

This is a complete martial arts program for men and women. It is designed to help you develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Jun 27, Jul 4 & Sep 1

	RES/NON
1247.104 MWF 7:00-8:00pm Jun 23-Sep 12	\$95/\$105

3-on-3 Basketball League | Ages 18+

Teams can have up to four persons on their roster and there is free substitution during the games. The teams play half-court; best two out-of-three games to 21 points. The season ends with a tournament, where the winning team will receive bragging rights for the next season! All players must sign the roster before the team's first game.

Instructor: Recreation Staff

Location: Meadowbrook Gymnasium

	FEE
1247.105 Wed 6:30-9:30pm Jun 25-Sep 3	\$68/team



Health & Wellness

Pilates | Ages 16+

Transform your body from the inside out. Strengthen your abdominals and back. Improve posture and become more visibly toned while your arms and legs become leaner. Pilates is a safe and sensible way to exercise that will help you feel your best. Chronic back pain and other debilitating physical ailments will decrease significantly as your range of motion and mobility improves. Join the nearly nine million other people in the U.S. who have discovered the benefits of Pilates. Participants may purchase a resistance band from the instructor for \$7.

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

	RES/NON
5417.101 Tue 6:00-7:00pm Jun 24-Jul 29	\$54/\$64
5417.102 Tue 6:00-7:00pm Sep 2-Sep 16	\$27/\$37

Zumba® Toning & Sentao | Ages 16+

When it comes to body sculpting, Zumba® has raised the bar. Zumba® Toning combines basic dance footwork and upper body-sculpting exercises with the use of toning sticks to create a calorie-torching, strength-training dance fitness party. Zumba® Sentao transforms a chair into a sizzling dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Sentao is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast! Weights may be purchased from the instructor for \$20-25 (varies).

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

	RES/NON
5417.103 Wed 6:00-7:00pm Jun 25-Jul 30	\$54/\$64
5417.104 Wed 6:00-7:00pm Sep 3-Sep 17	\$27/\$37

Get more fitness for less!! Take a combination class:

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

	RES/NON
Pilates + Zumba® Toning & Sentao 5417.106 T/W 6:00-7:00pm Jun 24-Jul 30	\$84/\$94
5417.107 T/W 6:00-7:00pm Sep 2-Sep 17	\$42/\$52

Tai Chi in the Park | Ages 17+

Regular practice of this graceful moving meditation develops essential skills for healthy living - relaxed breathing, postural alignment, good balance, improved circulation, and better coordination. The 18 Form Taiji adds the discipline of remembering a dynamic sequence of movements that includes subtle shifts of weight and direction. These benefits together strengthen the neural network in such a way that body, mind, and spirit create profound health and wellbeing. Wear soft, comfortable clothing and flat-soled shoes or sandals. Please bring water.

Instructor: Cheri Hotalen

Location: Old Poway Park, Gazebo

	RES/NON
5417.110 Mon 6:00-7:15pm Jun 30-Aug 18	\$95/\$105

Healing Qigong in the Park | Ages 17+

Learn and practice a self-healing art that combines gentle flowing movements, relaxed breathing, visualization, and self-applied massage. Regular practice of Healing Qigong can reduce stress, improve balance, prevent illness, and provide deep relaxation. This fun and easy moving meditation is suitable for people of all ages & fitness levels and can be practiced sitting or standing. Wear soft, comfortable clothing and flat-soled shoes or sandals. Please bring a bottle of water.

Instructor: Cheri Hotalen

Location: Old Poway Park, Gazebo

	RES/NON
5417.111 Tues 6:00-7:15pm Jul 1-Aug 19	\$95/\$105

Yogazander: Beginning Gentle Yoga | Ages 17+

Experience a unique approach to Yoga! Practice breathing exercises and gentle Yoga poses combined with the profound body wisdom of the Alexander Technique. Yogazander will help you softly release muscle tension and develop natural body alignment. Enjoy less stress and more flexibility! Please bring a yoga mat and a small blanket or beach towel.

Instructor: Cheri Hotalen

Location: Old Poway Park, Great Room

	RES/NON
No Class: Jul 2	
5417.112 Wed 6:00-7:30pm Jun 25-Jul 30	\$59/\$69
5417.113 Wed 6:00-7:30pm Aug 6-Sep 3	\$59/\$69



More Great Classes on Pages 10 & 12!

NEW! Cardio and Core | Ages 18+

This class will get you moving and burning calories! Added benefit is your metabolism will be at an increased level burning even more calories after your workout. Participants will learn how to effectively monitor their heart rate, and therefore level of intensity, by three different methods. The core is the basis of strength and support for the back and is one of the most important muscular structures of the body. We will concentrate on working the core safely and effectively. Please wear supportive athletic shoes, and bring a towel and water to hydrate.



Instructor: Fit-X Fitness Instructor

Location: Community Park, Auditorium

No Class: Sep 1

	RES/NON
5417.161 Mon 6:15-7:15pm Jun 23-Jul 28	\$54/\$64
5417.162 Mon 6:15-7:15pm Aug 4-Sep 15	\$54/\$64
5417.163 Mon 6:15-7:15pm Jun 23-Sep 15	\$108/\$118

NEW! Target Training | Ages 18+

Come and see how you can make your body more defined. Target Training will be done for specific muscles each week. Proper form for each exercise will be emphasized to maximize results. The goal is to increase muscle strength and endurance, while working on that "cut" look. Wear supportive athletic shoes, and bring a towel and water to hydrate.

Instructor: Fit-X Fitness Instructor

Location: Community Park, Auditorium

	RES/NON
5417.170 Thu 6:15-7:15pm Jun 26-Jul 31	\$54/\$64
5417.171 Thu 6:15-7:15pm Aug 7-Sep 11	\$54/\$64
5417.172 Thu 6:15-7:15pm Jun 26-Sep 11	\$108/\$118

NEW! Water Works | Ages 18+

In the water, your body's buoyancy takes the stress off joints, and the multi-directional resistance makes a unique and challenging environment for working out. Using the properties of water, each participant will work at their level to be challenged appropriately. This class will be a refreshing change to the usual land classes and provides a fun and challenging workout. Non-swimmers are welcome; this is a vertical workout that does not require submerging. Flotation and resistance equipment will be provided. Bring a towel and water bottle to hydrate.

Instructor: Fit-X Fitness Instructor

Location: Community Swim Center

No Class: Sep 1

	RES/NON
5417.155 Mon 6:00-6:50pm Jun 23-Jul 28	\$54/\$64
5417.156 Mon 6:00-6:50pm Aug 4-Sep 15	\$54/\$64
5417.157 Mon 6:00-6:50pm Jun 23-Sep 15	\$108/\$118

NEW! Deep Water Works | Ages 18+

The deep water environment creates a unique mix of multi-directional resistance and buoyancy, which supports the body and relieves pressure on joints. Cross training in the water can enhance any land workout or activity, as well as help maintain fitness levels while injured, during pregnancy, or when a condition does not allow an impact environment. Flotation belts required and can be purchased from the instructor for \$20. Bring a towel and water bottle to hydrate.

Instructor: Fit-X Fitness Instructor

Location: Community Swim Center

	RES/NON
5417.158 Wed 6:00-6:50pm Jun 25-Jul 30	\$54/\$64*
5417.159 Wed 6:00-6:50pm Aug 6-Sep 17	\$63/\$73*
5417.160 Wed 6:00-6:50pm Jun 25-Sep 17	\$117/\$127*

* \$20 materials fee due first day of class

Aqua Zumba® | Ages 16+

Are you ready for a Zumba® "pool party"? The Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together! This safe, challenging, water-based workout will be cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Only your mid-chest is submerged in the water, so there is no requirement to know how to swim. Water shoes are encouraged so they can provide support and traction. Join the party in the water (pool is heated to at least 82 degrees)!

Instructor: Harumi Osawa

Location: Community Swim Center

	RES/NON
5417.150 Tue 6:00-6:50pm Jul 8-Aug 5	\$48/\$58
5417.151 Tue 6:00-6:50pm Aug 12-Sep 9	\$48/\$58
5417.152 Tue 6:00-6:50pm Jul 8-Sep 9	\$85/\$95

Safety Training

Babysitter's Training | Ages 11-18

The American Red Cross has created a course for babysitters with components that include: professionalism, responsibility, child development, safety, and responding to emergencies while on the job. Participants will receive a card from the American Red Cross with no expiration date. **Bring a large doll or stuffed animal to class.**

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Room I & II

RES/NON
7617.100 Sat 9:00am-3:00pm Jul 19 \$45/\$55*
* \$17 materials fee due on first day of class

Babysitter's Training CPR & First Aid | Ages 11-18

Participants who are registered in a Babysitter's Training course can also choose to receive an American Red Cross certification in Pediatric CPR and First Aid valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Nutrition Room

RES/NON
7617.101 Mon 5:00-8:00pm Jul 21 \$20/\$30*
* \$18 materials fee due on first day of class

Please Note: *If registering for both the First Aid and CPR class, there is a one-time \$32 (certification) or \$4 (information only) materials fee.*

CPR for the Adult/Child/Infant | Ages 11+

Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. Participants receive a ready reference card, an American Red Cross certification card valid for two years, and an AED certification if desired.

Instructor: Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Room I & II

RES/NON
5418.100 Tue 6:00-9:00pm Jun 24 \$30/\$40*
* \$24 (certification) or \$4 (informational only) materials fee due on the first day of class

First Aid | Ages 11+

This American Red Cross class will prepare you to recognize, respond, and assist in potentially life-threatening and emergency first aid situations. Participants will receive a ready reference card and an American Red Cross certification valid for two years.

Instructor: Red Cross Instructor, Blythe Paley

Location: Community Park, Nutrition Room

RES/NON
5418.101 Wed 6:00-9:00pm Jun 25 \$20/\$30*
* \$20 (certification) or \$2 (information only) materials fee due on the first day of class

Poway Swim Center

Location: 13094 Civic Center Drive

Information:

www.poway.org/swim
(858) 668-4680

Costs:

Daily Admission **RES/NON**
Adults (Ages 18+) \$2.50/\$5.00
Youth & Seniors (Ages 60+) \$2.00/\$4.00

A responsible adult who has paid the admission fee must accompany children under 7 in the water.

Season and Yearly Passes See www.poway.org/swim

Hours:

Spring (March 31-June 15)

Mon/Wed/Fri 10:30am-7:30pm
Tue/Thu 8:00am-7:30pm
Sat/Sun 10:30am-5:00pm

Summer (June 16- August 31) Recreational Swim

Mon/Wed/Fri 1:00-5:45pm
Tue/Thu 1:00-8:00pm
Sat/Sun 1:00-7:00pm

Adult Lap Swimming Hours (25-yard short course)

Lanes for lap swimming will always be available during open swim hours. During open recreational swim times, lanes will be set-aside for those interested in swimming laps. Some open recreational swim times will be shared with swimming lessons and swim clubs. Portions of the pool may not be available for use by the public during these times. Pull buoys and kick boards are available for use.

Mon-Thu 9:15am-8:00pm
Fri 11:00am-8:00pm
Sat/Sun 10:30am-7:00pm

Long course hours through May 29

Tue/Thu 8:00am-1:30pm

Pool Closed

July 12 & August 9 5:00-6:00pm

To prepare for Summer Movie in the Park Series

Family Swim

Bring your pool toys, rafts, inner tubes, and the family, and join us for a super fun family time! This is what having a pool is all about! **Proof of Poway residency will be required for the reduced rate.**

Sat/Sun 10:30am-1:00pm \$8.00/\$11.00 per Family **RES/NON**

Information: www.poway.org/swim

Aquatic Safety

Staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. Information: (858) 668-4680.

Birthday Party Package!

MAKE A SPLASH

Why not host your next Birthday at the pool? Included: reserved picnic area for two hours, public pool use for up to 25 persons, and 30 minutes of games with pool staff.

Information: (858) 668-4680.

New at the Pool!



Summer Movie in the Park Series See Page 3.

New Aquatics Classes See Page 7.

Swim Lessons

SESSION 1

SESSION 2

SESSION 3

SESSION 4

Swim Lesson Assessment | All Ages

Make an appointment to have a FREE swim lesson assessment. It's highly recommended for determining the appropriate placement for participants. Call: (858) 668-4680.



Swim Lesson Registration

Please note the age, skill level requirements, and time for each class. If you are unsure which level to enroll in, skill assessments are available by appointment. Students enrolled in a class above or below their ability may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call (858) 668-4683 prior to the start of the class to ensure that you are not dropped.

WAITLISTS: Can't find space in the class you're looking for? Contact us: (858) 668-4680 or e-mail: swimwaitlist@poway.org to be placed on a waitlist at no charge. **Please include: the participant's name, age, class activity number, and phone number.** We will contact you if space becomes available. New classes created based on instructor availability and pool space.

*Please note: No Classes on July 4th.

Parent/Child | Ages 6 months-2 years

Develops a comfort for the water and introduces basic water skills. Does not teach children to be accomplished swimmers nor survive in the water. **Parents must accompany their children in the water.**

			RES/NON
0020.100	M-F 12:00-12:30pm	Jul 7-Jul 11	\$33/\$43
0020.101	M-F 11:00-11:30am	Jul 28-Aug 1	\$33/\$43
Evening classes			
0020.120	MWF 5:45-6:15pm	Jun 16-Jun 27	\$39/\$49
0020.121	MWF 5:45-6:15pm	Jul 7-Jul 18	\$39/\$49
0020.122	MWF 5:45-6:15pm	Jul 28-Aug 8	\$39/\$49

Pre-Grunion | Age 2

Designed for young children who are ready to begin learning swimming skills, but not ready to participate without their parents. Skills introduced: water entry, breath control, bobbing, and beginning swim stroke. **Parents must accompany their children in the water.**

			RES/NON
0030.100	M-F/M-Th 10:10-10:50am	Jun 16-Jun 26	\$59/\$69
0030.101	M-F/M-F 10:10-10:50am	Jun 30-Jul 11*	\$59/\$69
0030.102	M-F/M-Th 10:10-10:50am	Jul 14-Jul 24	\$59/\$69
0030.103	M-F/M-Th 10:10-10:50am	Jul 28-Aug 7	\$59/\$69
Evening classes			
0030.120	MWF 6:30-7:10pm	Jun 16-Jul 2	\$52/\$62
0030.121	MWF 6:30-7:10pm	Jul 7-Jul 25	\$59/\$69
0030.122	MWF 6:30-7:10pm	Jul 28-Aug 15	\$59/\$69

Grunion 1 | Ages 3-4

Designed for children with limited or no swimming experience. Skills range from submerging underwater, front and back floats, front and back kicking, and beginning swim stroke.



Grunion 2 | Ages 3-5

Introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. Reinforces skills learned in Grunion 1, with a greater emphasis on efficiency.

			RES/NON
0121.100	M-F/M-Th 8:30-9:10am	Jun 16-Jun 26	\$59/\$69
0121.101	M-F/M-Th 9:20-10:00am	Jun 16-Jun 26	\$59/\$69
0121.102	M-F/M-Th 11:00-11:40am	Jun 16-Jun 26	\$59/\$69
0121.103	M-F/M-F 8:30-9:10am	Jun 30-Jul 11*	\$59/\$69
0121.104	M-F/M-F 9:20-10:00am	Jun 30-Jul 11*	\$59/\$69
0121.105	M-F/M-F 10:10-10:50am	Jun 30-Jul 11*	\$59/\$69
0121.106	M-F/M-F 11:00-11:40am	Jun 30-Jul 11*	\$59/\$69
0121.107	M-F/M-Th 8:30-9:10am	Jul 14-Jul 24	\$59/\$69
0121.108	M-F/M-Th 9:20-10:00am	Jul 14-Jul 24	\$59/\$69
0121.109	M-F/M-Th 11:00-11:40am	Jul 14-Jul 24	\$59/\$69
0121.110	M-F/M-Th 8:30-9:10am	Jul 28-Aug 7	\$59/\$69
0121.111	M-F/M-Th 9:20-10:00am	Jul 28-Aug 7	\$59/\$69
0121.112	M-F/M-Th 11:00-11:40am	Jul 28-Aug 7	\$59/\$69
Evening classes			
0121.120	MWF 5:45-6:25pm	Jun 16-Jul 2	\$52/\$62
0121.121	MWF 6:30-7:10pm	Jun 16-Jul 2	\$52/\$62
0121.122	MWF 5:45-6:25pm	Jul 7-Jul 25	\$59/\$69
0121.123	MWF 6:30-7:10pm	Jul 7-Jul 25	\$59/\$69
0121.124	MWF 5:45-6:25pm	Jul 28-Aug 15	\$59/\$69
0121.125	MWF 6:30-7:10pm	Jul 28-Aug 15	\$59/\$69

			RES/NON
0122.100	M-F/M-Th 8:30-9:10am	Jun 16-Jun 26	\$59/\$69
0122.101	M-F/M-Th 9:20-10:00am	Jun 16-Jun 26	\$59/\$69
0122.102	M-F/M-Th 10:10-10:50am	Jun 16-Jun 26	\$59/\$69
0122.103	M-F/M-Th 11:00-11:40am	Jun 16-Jun 26	\$59/\$69
0122.104	M-F/M-F 8:30-9:10am	Jun 30-Jul 11*	\$59/\$69
0122.105	M-F/M-F 9:20-10:00am	Jun 30-Jul 11*	\$59/\$69
0122.106	M-F/M-F 11:00-11:40am	Jun 30-Jul 11*	\$59/\$69
0122.107	M-F/M-F 11:50am-12:30pm	Jun 30-Jul 11*	\$59/\$69
0122.108	M-F/M-Th 8:30-9:10am	Jul 14-Jul 24	\$59/\$69
0122.109	M-F/M-Th 9:20-10:00am	Jul 14-Jul 24	\$59/\$69
0122.110	M-F/M-Th 10:10-10:50am	Jul 14-Jul 24	\$59/\$69
0122.111	M-F/M-Th 11:00-11:40am	Jul 14-Jul 24	\$59/\$69
0122.112	M-F/M-Th 8:30-9:10am	Jul 28-Aug 7	\$59/\$69
0122.113	M-F/M-Th 9:20-10:00am	Jul 28-Aug 7	\$59/\$69
0122.114	M-F/M-Th 10:10-10:50am	Jul 28-Aug 7	\$59/\$69
Evening classes			
0122.120	MWF 5:45-6:25pm	Jun 16-Jul 2	\$52/\$62
0122.121	MWF 5:45-6:25pm	Jul 7-Jul 25	\$59/\$69
0122.122	MWF 5:45-6:25pm	Jul 28-Aug 15	\$59/\$69

Swim Lessons cont'd

SESSION 1 SESSION 2 SESSION 3 SESSION 4

Grunion 3 | Ages 3-5

Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Skills emphasized include: front and back crawl. *Students should feel comfortable in at least four feet of water.*

				RES/NON
0123.100	M-F/M-Th 8:30-9:10am	Jun 16-Jun 26	\$59/\$69	
0123.101	M-F/M-Th 10:10-10:50am	Jun 16-Jun 26	\$59/\$69	
0123.102	M-F/M-Th 11:00-11:40am	Jun 16-Jun 26	\$59/\$69	
0123.103	M-F/M-F 8:30-9:10am	Jun 30-Jul 11*	\$59/\$69	
0123.104	M-F/M-F 9:20-10:00am	Jun 30-Jul 11*	\$59/\$69	
0123.105	M-F/M-Th 8:30-9:10am	Jul 14-Jul 24	\$59/\$69	
0123.106	M-F/M-Th 9:20-10:00am	Jul 14-Jul 24	\$59/\$69	
0123.107	M-F/M-Th 8:30-9:10am	Jul 28-Aug 7	\$59/\$69	
0123.108	M-F/M-Th 9:20-10:00am	Jul 28-Aug 7	\$59/\$69	
0123.109	M-F/M-Th 10:10-10:50am	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0123.120	MWF 6:30-7:10pm	Jun 16-Jul 2	\$52/\$62	
0123.121	MWF 7:15-7:55pm	Jun 16-Jul 2	\$52/\$62	
0123.122	MWF 6:30-7:10pm	Jul 7-Jul 25	\$59/\$69	
0123.123	MWF 6:30-7:10pm	Jul 28-Aug 15	\$59/\$69	



Otter Pup | Ages 3-5

Designed for swimmers that are ready to move on to the Otter level, but not old enough for the Otter class. Focuses: improved technique, increased endurance of front crawl and back crawl, as well as side-breathing. *Students must be proficient in all Grunion 3 skills prior to enrollment in this class.*

				RES/NON
0124.100	M-F/M-F 10:10-10:50am	Jun 30-Jul 11*	\$59/\$69	
0124.101	M-F/M-Th 10:10-10:50am	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0124.120	MWF 6:30-7:10pm	Jul 7-Jul 25	\$59/\$69	
0124.121	MWF 6:30-7:10pm	Jul 28-Aug 15	\$59/\$69	

Starfish | Ages 6-12

Designed for older swimmers with limited or no swimming experience. Students will learn fundamentals of submerging, floating, and locomotion (both front and back crawl). Orientation to four feet of water is also introduced.

				RES/NON
0221.100	M-F/M-Th 8:30-9:10am	Jun 16-Jun 26	\$59/\$69	
0221.101	M-F/M-Th 9:20-10:00am	Jun 16-Jun 26	\$59/\$69	
0221.102	M-F/M-Th 11:00-11:40am	Jun 16-Jun 26	\$59/\$69	
0221.103	M-F/M-F 8:30-9:10am	Jun 30-Jul 11*	\$59/\$69	
0221.104	M-F/M-F 11:00-11:40am	Jun 30-Jul 11*	\$59/\$69	
0221.105	M-F/M-F 11:50am-12:30pm	Jun 30-Jul 11*	\$59/\$69	
0221.106	M-F/M-Th 8:30-9:10am	Jul 14-Jul 24	\$59/\$69	
0221.107	M-F/M-Th 10:10-10:50am	Jul 14-Jul 24	\$59/\$69	
0221.108	M-F/M-Th 11:00-11:40am	Jul 14-Jul 24	\$59/\$69	
0221.109	M-F/M-Th 8:30-9:10am	Jul 28-Aug 7	\$59/\$69	
0221.110	M-F/M-Th 9:20-10:00am	Jul 28-Aug 7	\$59/\$69	
0221.111	M-F/M-Th 11:50am-12:30pm	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0221.120	MWF 5:45-6:25pm	Jun 16-Jul 2	\$52/\$62	
0221.121	MWF 5:45-6:25pm	Jul 7-Jul 25	\$59/\$69	
0221.122	MWF 6:30-7:10pm	Jul 28-Aug 15	\$59/\$69	
0221.123	MWF 7:15-7:55pm	Jul 28-Aug 15	\$59/\$69	

Seahorse | Ages 6-12

Continuation of Starfish. Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. *Students should feel comfortable in at least four feet of water.*

				RES/NON
0222.100	M-F/M-Th 8:30-9:10am	Jun 16-Jun 26	\$59/\$69	
0222.101	M-F/M-Th 9:20-10:00am	Jun 16-Jun 26	\$59/\$69	
0222.102	M-F/M-Th 10:10-10:50am	Jun 16-Jun 26	\$59/\$69	
0222.103	M-F/M-F 8:30-9:10am	Jun 30-Jul 11*	\$59/\$69	
0222.104	M-F/M-F 9:20-10:00am	Jun 30-Jul 11*	\$59/\$69	
0222.105	M-F/M-F 10:10-10:50am	Jun 30-Jul 11*	\$59/\$69	
0222.106	M-F/M-Th 8:30-9:10am	Jul 14-Jul 24	\$59/\$69	
0222.107	M-F/M-Th 9:20-10:00am	Jul 14-Jul 24	\$59/\$69	
0222.108	M-F/M-Th 11:00-11:40am	Jul 14-Jul 24	\$59/\$69	
0222.109	M-F/M-Th 11:50am-12:30pm	Jul 14-Jul 24	\$59/\$69	
0222.110	M-F/M-Th 8:30-9:10am	Jul 28-Aug 7	\$59/\$69	
0222.111	M-F/M-Th 11:00-11:40am	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0222.120	MWF 6:30-7:10pm	Jun 16-Jul 2	\$52/\$62	
0222.121	MWF 7:15-7:55pm	Jun 16-Jul 2	\$52/\$62	
0222.122	MWF 5:45-6:25pm	Jul 7-Jul 25	\$59/\$69	
0222.123	MWF 7:15-7:55pm	Jul 7-Jul 25	\$59/\$69	
0222.124	MWF 5:45-6:25pm	Jul 28-Aug 15	\$59/\$69	
0222.125	MWF 7:15-7:55pm	Jul 28-Aug 15	\$59/\$69	

Otter | Ages 6-14

Designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Additionally, focuses on side-breathing, as well as the ability to pass the "Open Swim" test.

				RES/NON
0223.100	M-F/M-Th 9:20-10:00am	Jun 16-Jun 26	\$59/\$69	
0223.101	M-F/M-Th 10:10-10:50am	Jun 16-Jun 26	\$59/\$69	
0223.102	M-F/M-Th 11:50am-12:30pm	Jun 16-Jun 26	\$59/\$69	
0223.103	M-F/M-F 9:20-10:00am	Jun 30-Jul 11*	\$59/\$69	
0223.104	M-F/M-F 10:10-10:50am	Jun 30-Jul 11*	\$59/\$69	
0223.105	M-F/M-F 11:50am-12:30pm	Jun 30-Jul 11*	\$59/\$69	
0223.106	M-F/M-Th 9:20-10:00am	Jul 14-Jul 24	\$59/\$69	
0223.107	M-F/M-Th 10:10-10:50am	Jul 14-Jul 24	\$59/\$69	
0223.108	M-F/M-Th 11:50am-12:30pm	Jul 14-Jul 24	\$59/\$69	
0223.109	M-F/M-Th 9:20-10:00am	Jul 28-Aug 7	\$59/\$69	
0223.110	M-F/M-Th 10:10-10:50am	Jul 28-Aug 7	\$59/\$69	
0223.111	M-F/M-Th 11:00-11:40am	Jul 28-Aug 7	\$59/\$69	
0223.112	M-F/M-Th 11:50am-12:30pm	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0223.120	MWF 6:30-7:10pm	Jun 16-Jul 2	\$52/\$62	
0223.121	MWF 7:15-7:55pm	Jun 16-Jul 2	\$52/\$62	
0223.122	MWF 6:30-7:10pm	Jul 7-Jul 25	\$59/\$69	
0223.123	MWF 7:15-7:55pm	Jul 7-Jul 25	\$59/\$69	
0223.124	MWF 5:45-6:25pm	Jul 28-Aug 15	\$59/\$69	
0223.125	MWF 7:15-7:55pm	Jul 28-Aug 15	\$59/\$69	

Seal | Ages 6-16

Takes place in 11-12 feet of water. Prerequisites include: the ability to swim 15 yards of front crawl (with side breathing), back crawl, and elementary backstroke. Skills introduced: butterfly and breaststroke kick, and introduction to diving from the side of the pool.

				RES/NON
0321.100	M-F/M-Th 9:20-10:00am	Jun 16-Jun 26	\$59/\$69	
0321.101	M-F/M-Th 10:10-10:50am	Jun 16-Jun 26	\$59/\$69	
0321.102	M-F/M-Th 11:50am-12:30pm	Jun 16-Jun 26	\$59/\$69	
0321.103	M-F/M-F 9:20-10:00am	Jun 30-Jul 11*	\$59/\$69	
0321.104	M-F/M-F 10:10-10:50am	Jun 30-Jul 11*	\$59/\$69	
0321.105	M-F/M-Th 9:20-10:00am	Jul 14-Jul 24	\$59/\$69	
0321.106	M-F/M-Th 10:10-10:50am	Jul 14-Jul 24	\$59/\$69	
0321.107	M-F/M-Th 11:50am-12:30pm	Jul 14-Jul 24	\$59/\$69	
0321.108	M-F/M-Th 9:20-10:00am	Jul 28-Aug 7	\$59/\$69	
0321.109	M-F/M-Th 10:10-10:50am	Jul 28-Aug 7	\$59/\$69	
0321.110	M-F/M-Th 11:50am-12:30pm	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0321.120	MWF 7:15-7:55pm	Jun 16-Jul 2	\$52/\$62	
0321.121	MWF 7:15-7:55pm	Jul 7-Jul 25	\$59/\$69	
0321.122	MWF 7:15-7:55pm	Jul 28-Aug 15	\$59/\$69	

Sting Ray | Ages 6-16

Further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Introduced: breaststroke, sidestroke, and diving from the diving boards.

				RES/NON
0322.100	M-F/M-Th 8:30-9:10am	Jun 16-Jun 26	\$59/\$69	
0322.101	M-F/M-Th 9:20-10:00am	Jun 16-Jun 26	\$59/\$69	
0322.102	M-F/M-F 8:30-9:10am	Jun 30-Jul 11*	\$59/\$69	
0322.103	M-F/M-F 11:00-11:40am	Jun 30-Jul 11*	\$59/\$69	
0322.104	M-F/M-Th 8:30-9:10am	Jul 14-Jul 24	\$59/\$69	
0322.105	M-F/M-Th 10:10-10:50am	Jul 14-Jul 24	\$59/\$69	
0322.106	M-F/M-Th 11:00-11:40am	Jul 14-Jul 24	\$59/\$69	
0322.107	M-F/M-Th 8:30-9:10am	Jul 28-Aug 7	\$59/\$69	
0322.108	M-F/M-Th 11:50am-12:30pm	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0322.120	MWF 8:00-8:40pm	Jun 16-Jul 2	\$52/\$62	
0322.121	MWF 8:00-8:40pm	Jul 7-Jul 25	\$59/\$69	
0322.122	MWF 8:00-8:40pm	Jul 28-Aug 15	\$59/\$69	

Dolphin | Ages 6-16

Focuses on stroke refinement and increased swimming distance. Proficiency in front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced: butterfly and flip turns.

				RES/NON
0323.100	M-F/M-Th 11:00-11:40am	Jun 16-Jun 26	\$59/\$69	
0323.101	M-F/M-Th 11:50am-12:30pm	Jun 16-Jun 26	\$59/\$69	
0323.102	M-F/M-F 11:00-11:40am	Jun 30-Jul 11*	\$59/\$69	
0323.103	M-F/M-Th 11:00-11:40am	Jul 14-Jul 24	\$59/\$69	
0323.104	M-F/M-Th 11:50am-12:30pm	Jul 14-Jul 24	\$59/\$69	
0323.105	M-F/M-Th 11:00-11:40am	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0323.120	MWF 8:00-8:40pm	Jun 16-Jul 2	\$52/\$62	
0323.121	MWF 8:00-8:40pm	Jul 7-Jul 25	\$59/\$69	

Swordfish | Ages 6-16

Develop skill proficiency and continue to progress towards greater distance in all strokes. *Participants are expected to swim at least 100 yards without stopping prior to taking this class.*

				RES/NON
0324.100	M-F/M-Th 11:00-11:40am	Jun 16-Jun 26	\$59/\$69	
0324.101	M-F/M-Th 11:50am-12:30pm	Jun 16-Jun 26	\$59/\$69	
0324.102	M-F/M-F 11:50am-12:30pm	Jun 30-Jul 11*	\$59/\$69	
0324.103	M-F/M-Th 11:50am-12:30pm	Jul 14-Jul 24	\$59/\$69	
0324.104	M-F/M-Th 11:50am-12:30pm	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0324.120	MWF 8:00-8:40pm	Jun 16-Jul 2	\$52/\$62	
0324.121	MWF 8:00-8:40pm	Jul 28-Aug 15	\$59/\$69	

Advanced Technique Swimming (ATS) | Ages 6-16

Last of the Learn-to-Swim program. Focuses on preparing the swimmer for participation in a novice swim team, as technique and endurance is further developed. Skills introduced: competitive turns for all strokes, diving from the starting blocks, and use of training equipment.

				RES/NON
0325.100	M-F/M-Th 11:50am-12:30pm	Jun 16-Jun 26	\$59/\$69	
0325.101	M-F/M-F 11:50am-12:30pm	Jun 30-Jul 11*	\$59/\$69	
0325.102	M-F/M-Th 11:50am-12:30pm	Jul 28-Aug 7	\$59/\$69	
Evening classes				
0325.120	MWF 8:00-8:40pm	Jul 7-Jul 25	\$59/\$69	
0325.121	MWF 8:00-8:40pm	Jul 28-Aug 15	\$59/\$69	

Adult Beginner | Ages 16+

It's never too late to learn to swim! For adults who desire to become confident in the water and learn basic swimming skills.

				RES/NON
Evening classes				
0521.100	MWF 8:00-8:40pm	Jun 16-Jul 2	\$52/\$62	
0521.101	MWF 8:00-8:40pm	Jul 7-Jul 25	\$59/\$69	
0521.102	MWF 8:00-8:40pm	Jul 28-Aug 15	\$59/\$69	

Adult Intermediate | Ages 16+

For adults who are comfortable in the water and have basic swimming skills. Focuses on increased endurance, stroke refinement, and improvement.

				RES/NON
Evening classes				
0522.100	MWF 8:00-8:40pm	Jun 16-Jul 2	\$52/\$62	
0522.101	MWF 8:00-8:40pm	Jul 7-Jul 25	\$59/\$69	
0522.102	MWF 8:00-8:40pm	Jul 28-Aug 15	\$59/\$69	

Pee-Wee Water Polo | Ages 5-9

Introduction to water polo in the four-foot section of the pool. Covers the basics of water polo, with simplified rules, an emphasis on teamwork, and having fun! *Prerequisite: students must be comfortable in the water. Floatation devices will be provided for participants that require it.*

				RES/NON
0524.100	M-F/M-Th 11:50am-12:30pm	Jun 16-Jun 26	\$59/\$69	
0524.101	M-F/M-Th 11:50am-12:30pm	Jul 14-Jul 24	\$59/\$69	
Evening class				
0524.120	MWF 7:15-7:55pm	Jul 7-Jul 25	\$59/\$69	

Beginning Water Polo | Ages 10-16

Introduction to water polo covering the basics of eggbeater, heads-up freestyle, passing, shooting, and the rules of the game. *Prerequisite: students must be able to swim 100 yards front crawl, 50 yards backstroke and tread water for two minutes.*

				RES/NON
0522.100	M-F/M-F 9:20-10:00am	Jun 30-Jul 11*	\$59/\$69	
0522.101	M-F/M-Th 9:20-10:00am	Jul 28-Aug 7	\$59/\$69	
Evening class				
0522.120	MWF 5:45-6:25pm	Jun 16-Jul 2	\$52/\$62	

Intermediate Water Polo | Ages 10-16

For students with strong swimming skills and a basic knowledge of the sport. Will cover: shooting, passing, drills, pressing, zone, and defense/offense. *Prerequisite: students must have the ability to swim 100 yards heads-up freestyle, 50 yards backstroke, and tread water for two minutes.*

				RES/NON
0523.100	M-F/M-Th 9:20-10:00am	Jul 14-Jul 24	\$59/\$69	

Beginning Diving | Ages 6-16

Students must possess beginner level swim skills (Otter and above) to enroll. Participants will learn entries, acrobatic maneuvers, and basic dives.

Children's Activities

Mom & Tot Gymnastics | Ages Walking-3½ years

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere. **Wear comfortable clothes or a leotard with no snaps, zippers, or buttons.** Participants should be walking by the first day of class.

Instructor: Poway Gymnastics

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: Jul 3 & 5, Aug 28 & 30

			RES/NON
2312.100	Thu 10:45-11:15am	Jun 26-Sep 18	\$161/\$171*
2312.101	Sat 8:45-9:15am	Jun 28-Sep 20	\$161/\$171*

NEW! Kids Beats Music Together-Bringing Harmony Home® | Ages 6 months-5 years

We're spreading harmony across the neighborhood with our music and movement program. Our exciting family classes are filled with infants, toddlers, preschoolers, and their grownups. All free to move, sing, play instruments, and have fun. Make beautiful music with your children in one of our joyful, researched-based classes. We can't wait to make music together® with you!



Instructor: Tejal Kaji: www.kidsbeatsmt.com

Location: Old Poway Park, Rose Room

No Class: Jul 2 & 4

			RES/NON
4011.140	Wed 10:00-10:45am	Jun 25-Jul 30	\$70/\$80*
4011.141	Fri 9:30-10:15am	Jun 27-Aug 1	\$70/\$80*

* \$30 materials fee due first day of class

Dog Obedience Training

Proof of current vaccinations must be shown at first class. An adult must accompany all participants under 16. No metal choke chains or pinch collars; they are not needed.



Beginning Obedience | Dogs 12 weeks +

Your dog will learn to walk politely and appropriately socialize while on a leash. Behavioral problems associated with the leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.

Instructor: Good Dog Training School, Lynne Moore

Location: Tue: Old Poway Park, Green Park

			RES/NON
	Sat: Garden Rd. Park		
9019.100	Tue 6:30-7:30pm	Jun 24-Jul 29	\$95/\$105*
9019.101	Sat 9:30-10:30am	Jun 28-Aug 2	\$95/\$105*
9019.102	Tue 6:30-7:30pm	Aug 5-Sep 9	\$95/\$105*
9019.103	Sat 9:30-10:30am	Aug 9-Sep 13	\$95/\$105*

* \$25 materials fee due on first day of class

Information: www.poway.org/classes

Intermediate Obedience | Dogs 6 months +

In this class, your dog will work to obtain a Canine Good Citizen Certification (AKC program) and experience more distraction training such as leaving other dogs and people alone. Dogs must have taken an introductory course or know basic commands.

Instructor: Good Dog Training School, Lynne Moore

Location: Garden Road Park

			RES/NON
9019.104	Sat 10:45-11:45am	Jun 28-Aug 2	\$95/\$105
9019.105	Sat 10:45-11:45am	Aug 9-Sep 13	\$95/\$105

Advanced Obedience | Dogs 6 months +

In this class, your dog will learn to obey commands off leash. Although leash laws must be obeyed for the safety of your dog and the public, dogs generally work better off leash. Dogs in this class must have knowledge of all basic commands. Supervised play time will begin 30 minutes before class.

Instructor: Good Dog Training School, Lynne Moore

Location: Community Park, Dog Park Pen 2

			RES/NON
9019.106	Wed 6:30-7:30pm	Jun 25-Jul 30	\$95/\$105
9019.107	Wed 6:30-7:30pm	Aug 6-Sep 10	\$95/\$105

Special Needs

Bowling | Ages 13+

This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. **All participants must be picked up by 3:30pm.**

Instructor: Sarah D'Agostino-Gana

Location: Poway Fun Bowl, 12941 Poway Road

No Class: Jul 4

			RES/NON
9397.100	Fri 1:30-3:30pm	Jul 11-Sep 19	\$40/\$50*

* \$8 class fee collected at bowling alley each week



Lake Poway



Location:

14644 Lake Poway Road

Park Hours:

Year Round

Daily, 6:00am to Sunset

Fishing & Boating Hours:

May-September

Wed-Sun, 6:00am to Sunset

Information:

(858) 668-4770	www.poway.org/lakepoway
Park/Pavilion Reservations	(858) 668-4595
Lake Poway Concession	(858) 668-4778
Lake Poway Day Camp	(858) 668-4776



Adventure Series Family Campouts | 4 persons per family

Moonlight fishing with your family and hiking! Overnight adventures for those looking for a challenge! Activities include: camping for four, campfire, hot chocolate and coffee in the morning. Sign up for camping (shoreline fishing included) or add a boat rental to the fun!

			COST
Camping	9039.100	Sat-Sun 5pm-9am	Apr 26-27 \$40
Boat Rental	9039.101		\$10
Camping	9039.102	Sat-Sun 5pm-9am	May 17-18 \$40
Boat Rental	9039.103		\$10

Information: www.poway.org/lakepoway

Family Campouts | 5 persons per family; \$10 for each additional family member

Calling all novice campers! Outdoor fun in a family-friendly environment. Activities include: guided night hikes, campfire with smores, continental breakfast, and pedal boating. Don't forget your own camping equipment, dinner supplies to barbeque, and grill/charcoal.

			RES/NON
9039.106	Sat-Sun 5pm-9am	Jul 5-6	\$52/\$62
9039.107	Sat-Sun 5pm-9am	Jul 19-20	\$52/\$62
9039.108	Sat-Sun 5pm-9am	Aug 2-3	\$52/\$62

Night Fishing

Catfish season is back! Try the night bite! Stocked regularly with catfish, Lake Poway also has a thriving bass population. Select Fridays & Saturdays starting in July. Watch our website for dates.



Blue Sky Ecological Reserve



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781	www.poway.org/bluesky
Reservations (858) 668-4781 or blueskyreserve@poway.org	
Class Registration	www.poway.org/classes

School Tours & Outreach Program

Bring nature to your classroom! Our Outreach Program will help you meet California's Science Content Standards. Or, book a field trip where observation skills, resource protection, identification of plants and animals, are also emphasized. \$4 per student per program, or a reduced fee of \$6 per student when both a Tour and Outreach program are scheduled at the same time. **Online reservation required.**

Insects at Night

While you are asleep, Blue Sky comes alive! We'll catch, identify, and release back into the wild, many of Blue Sky's night-time inhabitants. Limited to 50 participants. **Registration required.**



8168.101	Sat 8:30-10:00pm	Aug 9	\$3 per person
----------	------------------	-------	----------------

Information: www.poway.org/bluesky

Free Junior Nature Ranger Program | Ages 6-10

Have fun in the outdoors through nature-related activities. This is a parent participation program and provides a wonderful opportunity for families to share time together. Limited to 15 children. **Reservation required.**



Saturdays	8:00-10:00am	Jun 28 / Jul 26 / Aug 16	FREE
-----------	--------------	--------------------------	------

FREE Docent-led Nature Walks

Check our website for up-to-date times and topics for weekend walks. Group walks available by reservation; bring your school or scout group! All hikes begin at south end of parking lot.

Interactive Discovery Tables

Animals and Plants of Blue Sky			
Sunday	8:30-11:00am	Jul 20	FREE

Poway Community Park

Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

Recreation Office **Mon-Sat 8am-9pm | Sun Noon-9pm**

Ball Fields **Daily, 8am-10pm**

Bocce Courts **Same hours as Rec Office**

Dog Park/Tennis Courts/Basketball Court

Daily, Sunrise-10pm

Unsupervised Skate Park

Daily, 8am-8pm except Wed & Fri

Wed 8am-6pm | Fri 8am-4pm

Information:

(858) 668-4671

www.poway.org/communitypark

Youth Supervised Skate Park Sessions | 14 & Under

Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered participant. A parent or legal guardian must accompany youth signing-up for Supervised Skate Park Sessions.

Friday 6:00pm-8:00pm FREE

Supervised Bike Sessions | All Ages

Helmets, plastic-covered bike pegs, and completed waiver forms required.

Wednesday 6:00pm-8:00pm FREE

Friday 4:00pm-6:00pm

Art in the Park | All Ages

Join us for free arts and crafts! Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone!

Monday, May 26 10:00am-12:00pm FREE

Old Poway Park

Location: 14134 Midland Road

Information: (858) 668-4576

Fresh Produce! Great Food! And Family Fun!

It's summertime, so head outdoors and enjoy Poway's Certified Farmers

Market every Saturday from 8:00 a.m. to 1:00 p.m. at Old Poway Park.

Information: www.poway.org/oldpowaypark

Sam Hinton Folk Festival

San Diego Folk Heritage will host the annual Sam Hinton Folk Festival. Come join the **FREE** celebration at Old Poway Park on **Saturday, June 7 from 10:30 a.m. to 5:00 p.m.** Information: www.poway.org/oldpowaypark

San Diego Folk Heritage Presents:

Date	Performer	Music Style
May 9	The Lacemakers with Special Guest Jim Hinton	Celtic
July 18	Lisa Sanders w/Brown Sugar Hayes, Triumph of the Wild Boy	Folk, Classic, Blues

For Tickets or Information, visit www.sdfolkheritage.com

Poway Center for the Performing Arts

Information: www.powaycenter.com

Purchase Tickets!

www.PowayCenter.org or **(858) 748-0505**

Box Office Hours: **Fri 12:00pm-5:00pm**
Sat 10:00am-3:00pm

The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin. Closed on major holidays.

Rental & Information:

15498 Espola Road, Poway CA 92064

Administration & Rental: (858) 668-4693

Art Gallery & Facility Hours:

May-June Tue-Fri 9:00am-5:00pm

July-August Tue-Fri 10:00am-2:00pm

Sat 10:00am-3:00pm

Closed on major holidays.

Get Involved!

Become a part of the theatre world without ever stepping on stage! Our team of volunteer ushers provides valuable show services, such as taking tickets and assisting patrons to their seats. Sign-ups occur throughout the year and volunteers earn free tickets to performances. Information: www.poway-center.com or (858) 668-4795.



The Poway Center for the Performing Arts (PCPA)

The Poway Center for the Performing Arts is an 800 seat, state-of-the-art theatre. We host a variety of events that include professional performances, concerts, dance productions, community theater groups, art exhibits, and Poway Unified School District events. Available for rent September-June, it's the perfect venue for performance or production.

June, it's the perfect venue for performance or production.

Upcoming Art Exhibits

Visit the PCPA, May through July, to view our featured Art Exhibits. A new exhibit opens monthly, showcasing a wide variety of styles, techniques, and media from local and regional artists, as well as student art.

May – Palomar Council PTA

Visual Arts & Photography

June – Jayson & Juliet Phillips

Photography

For details about the exhibits and artists, visit www.powaycenter.com.



presidio BRASS
SATURDAY, May 31, 2014 • 8 PM

Celebrating THE WORLD OF HOLLYWOOD featuring MOVIES and FILM SOUNDTRACKS

Sponsored in part by

Sounds of the Cinema

Taste Our Towne
A SUMMER CELEBRATION

SATURDAY | June 21, 2014 | 5 to 9 pm | Tickets: \$100
A Benefit for the Poway Center for the Performing Arts Foundation

- Local food, wine & brews – underneath Summer Skies on the plaza at the Poway Center!
- Live entertainment
- A 21 and up event

POWAY CENTER for the PERFORMING ARTS
tickets 858.748.0505 | www.powayarts.org | 15498 espola road | poway ca

Poway Senior Center

Location:

Poway Community Park, Weingart Center Bldg.
13094 Civic Center Drive, Poway, CA 92064



Hours:

Senior Center Mon-Fri 8:00am-4:00pm
Gift Shop Mon-Fri 10:00am-2:00pm

Information:

(858) 748-6094 www.powayseniorcenter.org
Visit us on Facebook

What's Cookin' at La Bella Bistro?

Join us for lunch every Monday through Friday from 11:30 am to 12:30 pm. A donation of \$4.00 is suggested for those 60 and older. Lunch guests under 60, \$6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day! No reservations required.

Need a ride to Lunch?

Call Paul Boston, Nutrition Manager, at (858) 748-6094 x304 for details.

Ongoing Opportunity Quilt Drawing!

Stop by PSC Gift Shop and try your luck on the latest Handmade Quilt up for grabs! Good Luck!

This Could be You!

\$1,199

WINNER



No need to drive to the Casinos when you can win big right here in Poway! Wager a bet on biweekly Bingo games at Poway Senior Center where making \$1,199.00 just got a whole lot easier. Bingo is open to anyone 18 years or older, and held at 12:15 p.m. every Tuesday and 5:00 pm every Saturday. Buy-ins are just \$10 for 12 games and \$11 for 13 games, respectively. For information, call (858) 748-6094

More Free Fun at PSC!

Basic Tai Chi – Try Tai Chi for Free! All are welcome to participate. Every Wednesday 12:00pm to 1:00pm in Bill Bond Room 1.

Therapeutic Yoga – Practice your yoga techniques every Tuesday 8:30am-9:30am. All are welcome to participate. Located in Activity Room 1.

Line Dancing – Learn to Line Dance with us! Free fun and with great music, to “boot.” Every Friday afternoon, 12:00-2:00pm, in Bill Bond Room 1.

Table Tennis – Come join us every Friday for ping pong! Stop by the Bistro Room and pick up a paddle, and play! It's that easy! Bring your friends!!

Wii Bowling – Join us every Third Wednesday from 2:00 pm to 4:00 pm in the Library/Lounge area. Wii Bowling is super easy and extremely fun, and games are quick!

Kumeyaay-Ipai

Interpretive Center at Pauwai

Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

Hours:

Saturdays 9:00am-12:30pm

Information:

(858) 668-1292 www.poway.org/kiic or www.friendsofthekumeyaay.org

Volunteers Wanted!

Learn about Native American culture and this valuable archaeological site. A variety of opportunities are available.

Ancient Community of Pauwai Uncovered!

Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. Visit us on Saturday mornings and take a guided tour. Experience artifacts, 'ewaas, milling and grinding stations.



School Tours (Thurs and Fri mornings)

Experience the life of the Kumeyaay, “discover” artifacts and ancient milling sites, and participate in “spirit rock” painting. \$4 per student. Schedule your tour at www.poway.org/kiic.

Sycamore Canyon Goodan Ranch Preserve

Location:

16281 Sycamore Canyon Road
Poway, California 92064

Information:

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: www.sdparcs.org

Raptors! We just built some nice mews and very soon will begin housing hawks and other raptors on site. **By appointment only.**

Summer Activities

(Rain, clouds, or muddy conditions may cancel the activity. Please call the ranger's office to confirm.)

May

Wildflower Walk | Sun, May 4 | 9:00-11:am
Star Party | Fri, May 16 | Sunset

June

Introduction to Geocaching | Sat, Jun 7 | 10am-12pm
Star Party | Fri, Jun 20 | Sunset

July

Star Party | Fri, Jul 18 | Sunset

Poway Library



Location:

13137 Poway Road, Poway, CA 92064

Hours:

Monday-Thursday: 9:30am-8:00pm
Friday & Saturday: 9:30am-5:00pm
Sunday: 12:00pm-5:00pm

Information:

(858) 513-2900

www.sdcl.org

The library offers a wide variety of free and exciting programs for adults, kids, and teens. Visit our website for a full listing of events.
www.sdcl.org



Information: www.sdcl.org

Children's Programs

Storytime: Monday-Friday at 10:30 am

Baby Storytimes: Mondays at 9:45 am

Create Space: Wednesdays in May at 3:30-4:30pm

Creative skills instruction for kids, grades 1-5. Registration required; call 858-513-2900.

Basic Ballet for Kids: Friday, May 9, 16, 23 and 30 from 4:00-4:30pm

Beginner ballet instruction for kids, grades 1-5. Participants must attend all four classes. A brief recital will occur at the end of the session. Registration required; call 858-513-2900.

Dads and Donuts: Sunday, June 8 at 12:30pm

Donuts, stories, and a craft in honor of Father's Day.

Wild Wonders Summer Reading Kick-off: Tuesday, June 17 at 10:30am

Puppet Show by Luce Puppet Co.: Tuesday, June 24 at 10:30am

Juggler David Cousin: Tuesday, July 1 at 10:30am

USA Jump Stars: Tuesday, July 8 at 10:30am

Magic Bubble Show with Sparkles the Clown: Sunday, July 13 at 1:00pm

Mad Science: Tuesday, July 15 at 10:30am

Hullabaloo Concert: Tuesday, July 22 at 10:30am

Summer Reading Finale Extravaganza: Tuesday, July 29 at 10:30am

Teen Programs

Teen Events: Every Tuesday in May from 4:00-5:00pm

Every Tuesday in June and July from 3:30-4:30pm

www.poway.org

POWAY

Community Services

Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

REGISTRATION

Registration begins **MAY 13** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Mail-In

Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Cash will not be accepted. Obtain the registration form online at www.poway.org/classes.

Mail to: P.O. Box 789, Poway, CA 92074-0789

2. Walk-In

Walk-in registration is available at the Community Services Department during business hours.

Location:

13325 Civic Center Drive

Extended Hours:

Mon-Thurs 7:30am-5:30pm
Fri 8:00am-5:00pm (Closed every other Friday)

3. Online

Online registration is available by visiting the City of Poway web site below. A \$1.50 convenience fee will be charged per transaction. Payment must be made by credit card only (MasterCard or VISA).

Website:

www.poway.org/classes

REFUND INFORMATION: A full refund will be issued for all classes canceled or overbooked by the City of Poway and/or the independent contract instructor.

Prior to the first day of class: Customer may request a refund prior to the start date. A cancellation fee of \$15 per class will be deducted. Or, in lieu of a refund, customer may request a full credit to be placed on account. The credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer's account will be cleared. If a registrant fails to attend a program after it begins, the registrant is not entitled to a refund.

After the first day of class: Requests for refunds will only be granted if the slot can be filled by another customer on a waiting list. If that slot can be filled, the refund will be prorated. Requests for refunds

for classes, camps or programs with enrollment fees that are less than the \$15 processing fee will automatically be given as credit on account.

Exceptions may be authorized by the Director of Community Services. A doctor's note or written request describing the extenuating circumstances must be submitted to the Community Services Department. If you have any questions, please call (858) 668-4570.

SWIM LESSON REGISTRATION

Please note the age and skill level requirements for each class. If you are unsure which level to enroll in, skill assessments are available at the Swim Center by appointment. Students enrolled above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone,

in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4595.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are audited for compliance

with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

ENROLLMENT PRIORITY is determined on a first-come, first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway once the registration period opens.

FINANCIAL ASSISTANCE - P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? To find out more, please visit our website at www.poway.org/play.




Going With The Flow

Sewer Property Line Cleanout Service Available

If a blockage occurs in your sewer lateral, who should you call to clean it out? Because of our commitment to zero sewer spills, the City of Poway is one of the few agencies in San Diego County that maintains sewer laterals from the location of the property line cleanout to the street. Between the property line cleanout and the home or business is the responsibility of the property owner.

If there is a sewer blockage with standing water in the property line cleanout, call the City of Poway Public Works Department at 858-668-4700. If there is a blockage but no standing water is seen in the property line cleanout, call a plumber, as this indicates the blockage is on private property. In either case, refrain from using any water fixtures until the problem has been corrected.

To help reduce the chance of a blockage, keep fats and grease out of the sewer system:

-  Never pour grease down sink drains or into toilets.
-  Scrape grease and food scraps from plates, pots, utensils, and grill and cooking surfaces into a can or the trash for disposal.
-  Do not put grease down garbage disposals. Pour excess grease into a container to harden, and then put into the trash for disposal.

Do you Know Where to Dispose of that Cooking Oil?

Did you know that proper disposal of cooking oil is an important waste management concern? Oil is lighter than water and tends to spread into thin and broad membranes which hinder the oxygenation of water. Because of this, a single liter of oil can contaminate as much as 1 million liters of water! Also, oil can congeal on pipes, causing blockages. While cooking oil is not a hazardous waste, it can cause damage to our environment so it should never be dumped down a sink drain, into the toilet bowl, or into the gutter. The proper way to dispose of oil is to put it in a sealed non-recyclable container and recycle it at the City's Household Hazardous Waste Facility (see www.poway.org/hazardous for location and hours of operation).

Poway Dog Ownership 101: A DOG LICENSED & LEASHED = UNLEASHED FUN!

As the weather warms up, it is time to head outdoors! What could be more fun than taking along your favorite, four-legged friend? Before hitting the trail, playing in the park, or visiting the sites, there are a few laws and regulations everyone should be aware of.

First and foremost, your dog MUST be licensed. The Animal Control Center at the Escondido Humane Society provides dog licensing for the City of Poway. Additional information can be found at www.escondidohumanesociety.org. Furthermore, the City of Poway utilizes the San Diego County laws related to animal control. If you walk a dog on public or private property where dogs are permitted, you MUST restrain the dog by a hand held leash not longer than six feet in length. Dog owners can be cited for violations of animal control laws, including in parks or on trails.

BE A GOOD NEIGHBOR

Not everyone likes dogs. For some, even a friendly dog running up to them is very distressing.

LEASHED DOGS ARE RARELY HIT BY CARS

Even the best trained dog doesn't respond 100% of the time to commands. A leash can help you pull your dog to safety when a driver is too close.

LOOSE DOGS GIVE DOG OWNERS A BAD NAME

Go out of your way to be courteous when handling a dog. Demonstrate that dog owners can be good neighbors. If people have a right to expect that dogs they encounter in that location will be on leash, stick to the rules.

LOWER VETERINARY BILLS

Leashing your dog is the best way to keep your dog from becoming sick or injured on your walks.

So protect your dog, your neighbors, and yourself, and license & leash your dog!

PEOPLE CAN BE INJURED BY LOOSE DOGS

Whether intentional or not, your dog could bite, knock over, or injure someone. Legal actions could arise and you could be liable.

RESPECT WILDLIFE

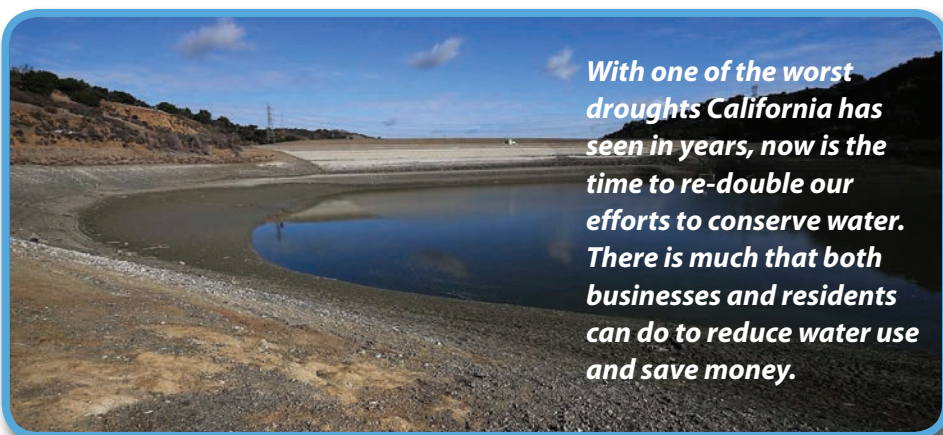
Your best friend can become nature's enemy if taken off a leash and allowed to run free. A dog that leaves the trail can destroy the homes of ground-nesting birds, stress small mammals, destroy plants, and they are more susceptible to the rabies virus from wildlife they may encounter. Additionally, your dog could be in danger of a snake bite while running off leash.



There's No DOUBT, We Are in a DROUGHT!






The City of Poway imports approximately 96% of its water supply from Northern California and the Colorado River via contractual arrangements with the San Diego County Water Authority and the Metropolitan Water District. The remaining 4% is recycled water purchased from the City of San Diego for irrigation in the Business Park.

Due to multiple consecutive years of dry weather, a drought-related state of emergency has been declared in California, and the San Diego County Water Authority has activated its Water Storage and Drought Response Plan. The City of Poway declared a Level 1 Water Shortage Watch on April 1, and is asking customers to voluntarily reduce water use by 10 percent.



With one of the worst droughts California has seen in years, now is the time to re-double our efforts to conserve water. There is much that both businesses and residents can do to reduce water use and save money.

Here are some great ways that you can help conserve water:

-  Do not wash down paved surfaces, including but not limited to sidewalks, driveways, parking lots, tennis courts, or patios, except when necessary to alleviate safety or sanitation hazards.
-  Do not allow water waste from inefficient landscape irrigation, such as runoff, low head drainage or overspray. Do not allow water flows onto non-targeted areas, such as adjacent property, non-irrigated areas, hardscapes, roadways, or structures.
-  Irrigate landscapes before 10:00 a.m. and after 6:00 p.m. only.
-  Use only a hand-held hose equipped with a positive shut-off nozzle or bucket to water landscaped areas, including trees and shrubs located on residential and commercial properties that are not irrigated by a landscape irrigation system.
-  Irrigate nursery and commercial grower's products before 10:00 a.m. and after 6:00 p.m. only. Watering is permitted at any time using a hand-held hose equipped with a positive shut-off nozzle, a bucket, or when a drip/micro-irrigation system/equipment is used. Irrigation of nursery propagation beds is permitted at any time. Water for livestock is permitted at any time.

National Fair Housing Month












In April cities around the nation celebrated National Fair Housing Month. It is a time to reflect on the progress that has been made in opening the doors of housing opportunity to every citizen of this nation and to recognize the challenges that still remain.

The Federal Fair Housing Act ensures that anyone has the right to purchase a home as long as they are financially qualified. No one should be turned away from housing based on race, gender, color, nationality, religion, family status, or disability. Whether you are trying to rent, buy, sell, or finance a home or if you are a tenant, homeowner, or landlord, you need to know what your rights and responsibilities are.

The City of Poway participates in a Fair Housing Program provided by the County of San Diego through a contract with North County Lifeline. Fair housing counselors at North County Lifeline answer questions for both landlords and tenants and provide mediation services as-needed. For more information please contact North County Lifeline at 866-954-3354.



EQUAL HOUSING OPPORTUNITY

-  Use only recirculated water to operate ornamental fountains.
-  Wash vehicles only using a bucket and a hand-held hose with positive shut-off nozzle, mobile high pressure/low volume wash system, or at a commercial site that recirculates (reclaims) water on site. Do not wash vehicles during hot conditions when additional water is required due to evaporation.
-  Offer guests in hotels, motels, and other commercial lodging establishments the option of not laundering towels and linens daily.
-  Do not use single-pass cooling equipment in new commercial applications, including, but not limited to, air conditioners, air compressors, vacuum pumps, and ice machines.
-  Use a water recirculation system for commercial conveyor car washes and all new commercial laundry systems.
-  Run only fully loaded dishwashers and washing machines.
-  Repair all water leaks within five days of notification by the City of Poway, unless other arrangements are made with the City Manager.
-  Use recycled or non-potable water for construction purposes to the fullest extent possible when available.
-  Reset irrigation clocks as necessary to water once per week in winter, and not more than three times per week in summer.
-  Add water to maintain the level of water in swimming pools and spas only when necessary (to ensure proper operation of the pool filter). A cover shall be installed on all single-family residential pools and spas.
-  Serve and refill water in restaurants and other food service establishments only upon request.

AVOCADO TRAIL: THE HEART OF POWAY'S TRAIL SYSTEM

Poway's Avocado Trail Link (#14 in the Trails Guide; www.poway.org) might best be described as the hub of Poway's 55-mile trail system, and an excellent 2+ mile alternative to hiking or biking the shoulder of Espola Road. This trail was named in memory of the lush agriculture that once occupied this valley and now serves as a unique and exclusive link for trail users to connect from north to south (Twin Peaks Road to Lake Poway Road at Espola).

The southern entrance to this trail link begins just north of Tierra Bonita Elementary School, where the Tierra Bonita Trail meets the Twin Peaks Trail, and takes hikers directly north. Beginning from this entrance, you immediately find yourself leaving the hustle and bustle of Twin Peaks Road and seamlessly winding your way through some of the most beautiful development Poway has to offer.

As you continue north, you observe multiple opportunities to

link up with alternate routes, as the Avocado Link intersects with numerous east/west trails as it efficiently leads you north. The Avocado Trail Link also serves as the backbone to some of Poway's most popular loop adventures. For example, if you turn west at the Del Poniente Trail (# 8 in the Trails Guide), you find yourself working your way down towards Pomerado Hospital, well on your way to completing the first leg of a loop back to Twin Peaks Road.

Continuing north, trail users begin to encounter a gradual incline as they transition out of the lower Poway Valley, and intersect with the westerly portion of Lake Poway Road. The trail then parallels Lake Poway Road, easterly, for approximately 0.7 miles before it officially ends at the intersection of Lake Poway and Espola Roads. If you are up for another hiking adventure, you can choose to continue east to Lake Poway Park or north to Blue Sky Ecological Reserve...



A moderate hike, the Avocado Trail Link is the backbone of the extensive trail system that winds through the beautiful Poway landscape.

Summer Hiking: BE PREPARED TO BEAT THE HEAT!

Are you planning to hit the beautiful Poway trails this summer? Make sure you are prepared for hiking in any weather condition, but especially hot weather!

In fact, the mild and unseasonably warm winter and spring have brought hikers to the trails earlier in the season. While it's great to see City trails being used by so many hikers, it has resulted in more medical aid and rescue calls. Often times these situations can be avoided with a little bit of planning and preparedness by the hiker.

Here are some helpful tips to keep you safe this summer:

Plan Ahead

- Pay attention to weather forecasts
- Hike early in the day
- Avoid the most intense sun
- Keep clothing loose and light
- Wear a hat
- Use (and pack) sunscreen

Hydration

On hot days, your body can lose large amounts of

water through perspiration. The general rule is that you can sweat roughly a quart of water every hour, and even more when hiking uphill or in direct sunlight. Hiking at higher altitudes will also accelerate the loss of body fluids. In arid climates, you may not even notice how much you're sweating because of rapid rates of evaporation. As you perspire, you also lose vital minerals from your system. So, what can you do?

- **Start the hydration process before you go out.** Begin to hydrate a couple of hours before you hit the trail.
- **Drink frequently.** Instead of guzzling a bunch of water all at once, take smaller and more frequent drinks of water.
- **Cold water is best.** Your body will process cold water more quickly. Fill up your water bottle or hydration system with ice to keep water cool for as long as possible while you're out.
- **Take breaks.** Stop more frequently and for longer durations than you would on a cooler day.
- **Look for shade.** Get out of the sun as much as you can, both on breaks and on the trail. Especially when the sun is lower in the sky, portions of the trail may be shaded by trees or slopes.

Happy Trails!

Poway Loves Its Trees!!

Poway has been named a Tree City USA by the National Arbor Day Foundation for 15 consecutive years. Tree City USA is a program that is co-sponsored by the National Association of State Foresters and the USDA Forest Service.

The City's tree inventory contains more than 18,000 trees of more than 130 types. Healthy and growing trees provide shelter and sustenance for wildlife, clean the air, reduce erosion, absorb storm water runoff, and help moderate the temperature of surrounding areas, reducing heating and cooling needs and energy use. The City's urban forestry ordinance encourages planting and maintenance of trees on private property as well as City properties and rights-of-way.

For further information on the Tree City USA program, visit the City's website at www.poway.org.



To become a Tree City USA, The City of Poway has met four standards:

1. A tree department
2. A tree care ordinance
3. A comprehensive community forestry program
4. Arbor Day observance

What's Inside:

PAGE 1

Keep the Spirit of Earth Day All Year Long
Community Center Renovation Update
eCARE: New Utility Billing

PAGE 2

Fire Inspections: What to Expect
Meet Lt. Walker
Safe Homes Coalition Forms to Fight Rx Drug Abuse
2-1-1 San Diego

PAGE 15

Go with the Flow: Sewer Cleanout Service Available
Dog Ownership 101: Leash and License Your Dog
There's No Doubt, We Are In a Drought
National Fair Housing Month



Community Band Festival and Arts & Crafts Market

May 17th 10:00am-7:00pm, May 18th 12:00pm-7:30pm | Old Poway Park

Old-Fashioned Fourth of July

July 4th, 10:00am-4:00pm | Old Poway Park

July 4th Fireworks

July 4th, 7:00-10:00pm | Poway High School Stadium

Summer Concert in the Park Series

Sundays, June 22-August 10, 5:30-7:00pm | Lake Poway & Old Poway Park

For more information on these and other Poway events, visit www.poway.org

Follow us on Twitter and like us on Facebook!

@cityofpoway

City of Poway

Summer Movie-in-the-Park Series

Saturdays, June 28, July 12, July 26, August 9, August 23 at Sunset | Poway Community Park & Swim Center



Get Ready for an Old Fashioned Fourth of July!

POSTAL CUSTOMER

City of Poway
Poway, CA 92064

ECR-WSS

PRSR-STD
U.S. Postage
PAID
Permit No. 1942
San Diego, CA



City Council

- Mayor Don Higginson
- Deputy Mayor Dave Grosch
- Councilmember John Mullin
- Councilmember Steve Vaus
- Councilmember Jim Cunningham

Published by the City of Poway

A Quarterly Municipal Newsletter for the Residents of Poway, California